

Fun Food Facts

Clementines

Nutrition Facts

Serving Size 2 clementines (168g)

Amount Per Serving

Calories 60 Calories from Fat 0

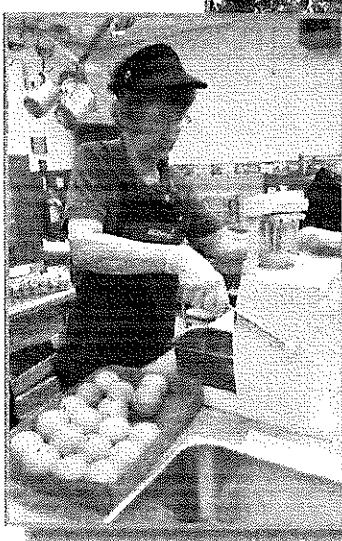
% Daily Value*

Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 400mg	11%
Total Carbohydrate 17g	6%
Dietary Fiber 5g	20%
Sugars 15g	
Protein 1g	

Vitamin A 2%	Vitamin C 290%
Calcium 4%	Iron 2%
Thiamin 10%	Riboflavin 2%
Niacin 10%	Vitamin B6 6%
Folate 15%	Pantothenic Acid 2%
Phosphorus 4%	Zinc 0%
Magnesium 4%	Selenium 0%
Copper 4%	Manganese 0%

* Percent Daily Values are based on a 2,000 calorie diet. Actual daily values may be higher or lower depending on your calorie needs.

	Calories	2,000
Total Fat	Less than	65g
Sat Fat	Less than	20g
Cholesterol	Less than	300mg
Sodium	Less than	2,300mg
Total Carbohydrate	300g	87g
Dietary Fiber	26g	5.2g

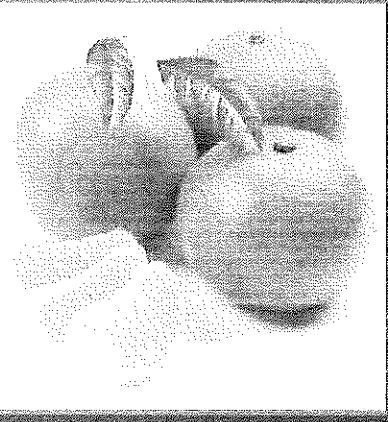


Clementines come in a variety of different sizes. The smallest are about three inches in diameter, and the largest can reach about five.

Clementines are made up of between eight and 14 wedges, depending on the size.

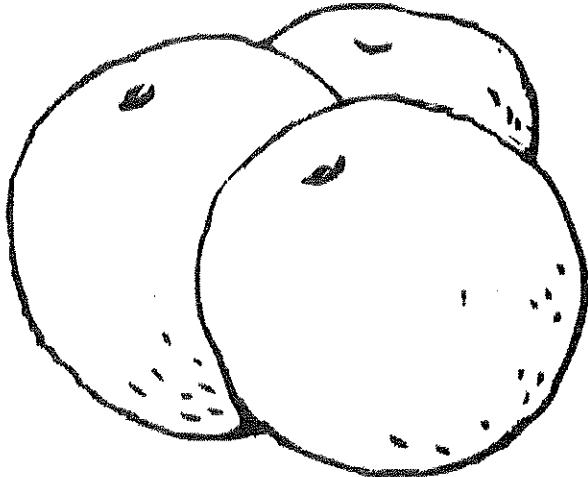
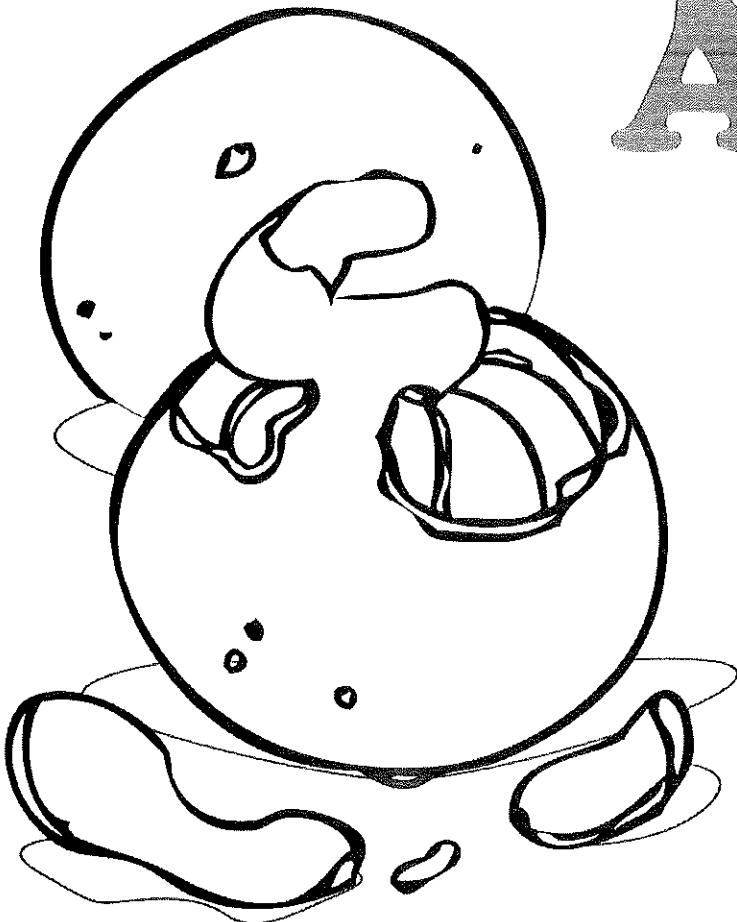
Unlike similar fruits, they are seedless.

Clementines are smaller than oranges, and the skin is easy to remove.



CLASSROOM

Activity



Give these delicious Clementines some color using colored pencils, crayons or watercolor paints!

Kid Friendly Recipe

Clementine Vanilla Bean Quick Bread

Ingredients

10 clementines or tangerines
3/4 cup heavy cream
1 tablespoon pure vanilla extract
2 cups all-purpose flour, plus more for pan
1/4 teaspoon baking powder
1/4 teaspoon baking soda

1/4 teaspoon salt
4 ounces (1 stick) unsalted butter, plus more for pan
1 1/4 cups sugar
2 vanilla beans, split and scraped, pod reserved for another use
2 large eggs

Directions

Preheat oven to 350 degrees. Butter and flour a 5-by-9-inch loaf pan. Zest 4 clementines to yield 1 tablespoon zest. Juice 2 zested clementines and 6 remaining unzested clementines to yield 3/4 cup juice. Cut pith from 2 remaining zested clementines. Slice fruit along membranes to release segments into a bowl; discard membranes and any seeds.

Combine 1/4 cup clementine juice, the cream, and vanilla extract in a medium bowl. Whisk together flour, baking powder, baking soda, and salt in another bowl. Beat zest, butter, 1 cup sugar, and the vanilla seeds with a mixer on medium speed until combined, about 4 minutes. With machine running, add eggs, 1 at a time. Reduce speed to low, and beat flour mixture into butter mixture in 3 additions, alternating with cream mixture, beginning and ending with flour.

Fold clementine segments into mixture, and pour into pan. Gently smooth top using an offset spatula.

Place pan on a rimmed baking sheet, and bake until a tester inserted into center comes out clean, 55 to 65 minutes. Meanwhile, bring remaining 1/2 cup clementine juice and cup sugar to a boil in a small saucepan over medium heat. Reduce heat, and simmer for 3 minutes.

Remove bread from oven, poke top all over with a skewer, and brush with half the clementine syrup. Transfer pan to a wire rack; let cool for 15 minutes. Invert pan to remove bread. Let cool completely on wire rack, top side up.

Brush remaining clementine syrup onto sides and again on top of bread. (Bread can be stored, wrapped, at room temperature overnight or refrigerated for up to 5 days.)