

What's So Great About...

# Nectarines

-  Sodium Free
-  Cholesterol Free
-  Good Source of Vitamin C



 And...

## They Taste Great!

This summer sensation is aromatic, firm but not hard and has a very attractive bright deep coloring. A plump fruit, nectarines are a pretty orange-yellow with striking red markings. Touch, not skin color, is the sign of a ripe nectarine. Gently squeeze fruit. When fruit gives in to a little pressure, it is ready to eat. Most flavorful at room temperature, this juicy fruit offers a succulent sweet taste that is pure heaven.

### Nutrition Facts

Serving Size: 1 medium fruit

#### Amount Per Serving

**Calories** 70      **Calories from Fat** 0

**% of daily value**

**Total Fat** 0.5g      **1%**

Saturated Fat 0g      **0%**

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 16g      **5%**

Dietary Fiber 2g

Sugars 15g

**Protein** 1g

Vitamin A 24%      •      Vitamin C 15%

Calcium 0%      •      Iron 2%

### More Nectarines 411

The lovely nectarine is one of the oldest of all fruits and is believed to be native to China. Cultivated in ancient Rome, Persia and Greece, nectarines were grown in Great Britain in the late sixteenth or early seventeenth centuries. The Spanish introduced this fruit to America. Nectarines are a member of the rose family and closely related to peaches and almonds. The nectarine, *Prunus persica* var. *nucipersica*, is a genetic variant of the common peach and is not a cross between a peach and a plum, as some believe. California grows over ninety-five percent of the nectarines produced in the United States. In California, the harvest date of nectarines is determined by their skin ground color, changing from green to yellow in most cultivars.

