



**Navel
Oranges**

Nutritional Benefits:

- Great source of vitamin C and fiber
- Fat-free
- Sodium-free
- Cholesterol-free

Characteristics:

- Dimpled, bright-orange color
- "Navel" indentation at the end of the fruit (hence their name)
- Easy-to-peel
- Seedless
- Segments peel apart easily
- Sweet, juicy flavor

Seasonality:

Year-Round

Imported Product:

July - October

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