

# Cara Cara

## Pink Navel Oranges

First discovered on a Washington Navel tree in Venezuela in 1976, Cara Cara Navels are nature's gift to citrus fans around the world!

Popular for their bright pink interior and sprightly, sweet flavor, Cara Cara Navels continue to be a hit amongst foodies, chefs, and the everyday shopper. With 20% more vitamin C and 30% more vitamin A than regular Navel Oranges, Cara Caras are not to be overlooked while they're in season.



**Pack Styles:**  
3# Bags  
20# Bulk  
Standard Carton

**Seasonality:**  
December - May

### **Nutritional Benefits:**

- Higher vitamin A and vitamin C content than regular Navel Oranges
- Great source of fiber

### **Characteristics:**

- Seedless
- Extremely sweet; lower acidity than other navels
- Round shape, with bright orange rind
- Internal color is pink due to Lycopene, a naturally-occurring pigment and antioxidant that is also found in grapefruit

### **Foodservice**

- Great addition to baked goods, cocktails, and winter salads
- Ideal for smoothies
- Excellent variety to use for citrus salsas

### **Seasonal Opportunities**

- Winter: Great for Valentine's Day promotions
- Spring: Excellent for spring cuisine such as salads, Easter recipes and more

