



Cara Cara
Pink Navel Oranges

Nutritional Benefits:

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

Characteristics:

- Seedless
- Extremely sweet; less acidic 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

Seasonality:

December - May

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