



# Mandarins

## Nutritional Benefits:

- Great source of vitamin C, an immunity-boosting antioxidant
- Fat-free
- Sodium-free
- Cholesterol-free
- Good source of fiber

## Characteristics:

- Available varieties: Clementines, Paige, W. Murcott, Tango
- Easy-to-peel
- Excellent source of vitamin C & fiber

## Seasonality:

Year-Round

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