



**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

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