

Cara Cara Oranges

Did you know?

- Cara Cara oranges were first discovered in 1976 in Venezuela.
- Cara Care oranges have a rosy red flesh and very sweet in flavor due to their low acidity.
- When shopping for cara cara oranges, select ones that are firm, shiny, and feel heavy for their size.
- Cara cara oranges should be stored in a cool, well ventilated area. They can be stored at room temperature for 4 days or in the refrigerator for up to 2 weeks.
- Cara cara oranges are fat free, very low in sodium, and high in vitamin C. They are also a good source of fiber and folate.



Sources

- <https://www.fruitsandveggiesmorematters.org/cara-cara-navel-orange-nutrition-selection-storage>
- <http://www.foodnetwork.com/healthyeats/recipes/2013/02/in-season-cara-cara-oranges> (photo)