Selection:

Choose nectarines that are firm, but give slightly to pressure. Select fruit with smooth, unblemished skin. Avoid nectarines that are hard, dull in color, or have wrinkled skin.

Storage:

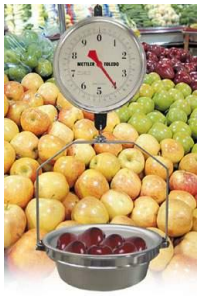
Store unwashed nectarines at room temperature for 2 to 3 days or until ripe. Store unwashed, ripe nectarines in a resealable plastic bag in the refrigerator for up to 5 days.

Room Temperature: 2 to 3 days, or until ripe
Refrigerator: Up to 5 days

Use:

Rinse nectarines thoroughly before preparing. Nectarines are good for both cooking and eating raw, with or without the skin. Cut fruit into slices by carving lengthwise along the pit. Throw away the pit of the fruit. Do not remove the skin when baking or using in salads.

Digital Scale:
The number on the screen = Total Weight



Hanging Scale:
The number the arrow is pointing to = Total Weight

Buying:

Weigh produce to find out exactly how much it will cost. Place the number of nectarines you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Nectarines

Use this table to find the total cost.
Example: What is the total cost for 2 lbs of nectarines at $1.29 per lb? **2 lbs x $1.29 = $2.58**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
$ 0.49	$0.49	$0.74	$0.98	$1.23	$1.47	$1.72
$ 0.59	$0.59	$0.89	$1.18	$1.48	$1.77	$2.07
$ 0.69	$0.69	$1.04	$1.38	$1.73	$2.07	$2.42
$ 0.79	$0.79	$1.19	$1.58	$1.98	$2.37	$2.77
$ 0.89	$0.89	$1.34	$1.78	$2.23	$2.67	$3.12
$ 0.99	$0.99	$1.49	$1.98	$2.48	$2.97	$3.47
$ 1.09	$1.09	$1.64	$2.18	$2.73	$3.27	$3.82
$ 1.19	$1.19	$1.79	$2.38	$2.98	$3.57	$4.17
$ 1.29	$1.29	$1.94	$2.58	$3.23	$3.87	$4.52
$ 1.39	$1.39	$2.09	$2.78	$3.48	$4.17	$4.87
$ 1.49	$1.49	$2.24	$2.98	$3.73	$4.47	$5.22
$ 1.59	$1.59	$2.39	$3.18	$3.98	$4.77	$5.57
$ 1.69	$1.69	$2.54	$3.38	$4.23	$5.07	$5.92
$ 1.79	$1.79	$2.69	$3.58	$4.48	$5.37	$6.27
$ 1.89	$1.89	$2.84	$3.78	$4.73	$5.67	$6.62
$ 1.99	$1.99	$2.99	$3.98	$4.98	$5.97	$6.97

Know how. Know now.

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Nutrition:

1 medium Nectarine

Nutrition Facts	
Serving Size 1 medium (140g)	
Amount Per Serving	
Calories 60	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 1g	
Vitamin A 8%	Vitamin C 15%
Calcium 0%	Iron 2%

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for 1 medium nectarine. All nectarines are not the same size, but you can use this to estimate the nutrition content for a smaller or larger nectarine.

Recipe:

Nectarine and Basil Bagel

Preparation Time: 5 minutes
Serves 2
Cups of Fruit per Serving: ½

Ingredients:

2 small bagels, split
4 tablespoons fat-free cream cheese
2 nectarines, thinly sliced (with or without skin)
12 large basil leaves
¼ teaspoon black pepper

Preparation:

1.) Toast bagels and spread with cream cheese (1 tablespoon per bagel half).
2.) Top with nectarine slices and basil leaves.
3.) Sprinkle with pepper, if desired

Nutrition Information per Serving:

Calories 240, Total Fat 2 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 410 mg, Carbohydrates 46 g, Dietary Fiber 4 g, Protein 12 g.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.