Selection:

Choose mandarins/tangerines that are plump and heavy for their size because they will be the juiciest. They should be soft, but firm to the touch with glossy skin. Fresh mandarins/tangerines are deep yellow or orange.

Storage:

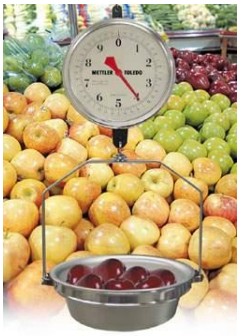
Store unwashed mandarins/tangerines in a resealable plastic bag in the refrigerator for up to 2 weeks.

Refrigerator: Up to 2 weeks

Use:

Rinse mandarins/tangerines thoroughly before preparing. Mandarins and tangerines are best eaten raw. If you choose to cook them, heat gently. Do not boil. Boiling will cause them to lose flavor.

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 mandarins or tangerines 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 Mandarins/Tangerines

Use this table to find the total cost.
Example: What is the total cost for 2 lbs of mandarins/tangerines at $1.59 per lb? **2 lbs x $1.59 = $3.18**

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 Mandarin/Tangerine

Nutrition Facts	
Serving Size 1 medium (109g)	
Amount Per Serving	
Calories 50	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 1g	
Vitamin A 6%	Vitamin C 45%
Calcium 4%	Iron 0%

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 mandarin or tangerine. All mandarins/tangerines are not the same size, but you can use this to estimate the nutrition content for a smaller or larger mandarin/tangerine.

Recipe:

Mini Fruit Pizza

Preparation Time: 10 minutes
Serves 1
Cups of Fruit per Serving: ¾

Ingredients:

1 English muffin
2 tablespoons whipped fat-free strawberry cream cheese
⅓ cup strawberries, sliced
¼ cup red grapes, quartered
¼ cup canned mandarin oranges, drained

Preparation:

1.) Toast the English muffin until golden brown.
2.) Spread cream cheese on toasted muffin.
3.) Arrange sliced strawberries, grapes, and orange slices on top of the cream cheese.

Nutrition Information per Serving:
Calories 228, Total Fat 1.3 g, Saturated Fat 0 g, Cholesterol 5 mg, Sodium 374 mg, Carbohydrates 46 g, Dietary Fiber 4 g, Protein 10 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.