

TANGERINE



LALANGHITA

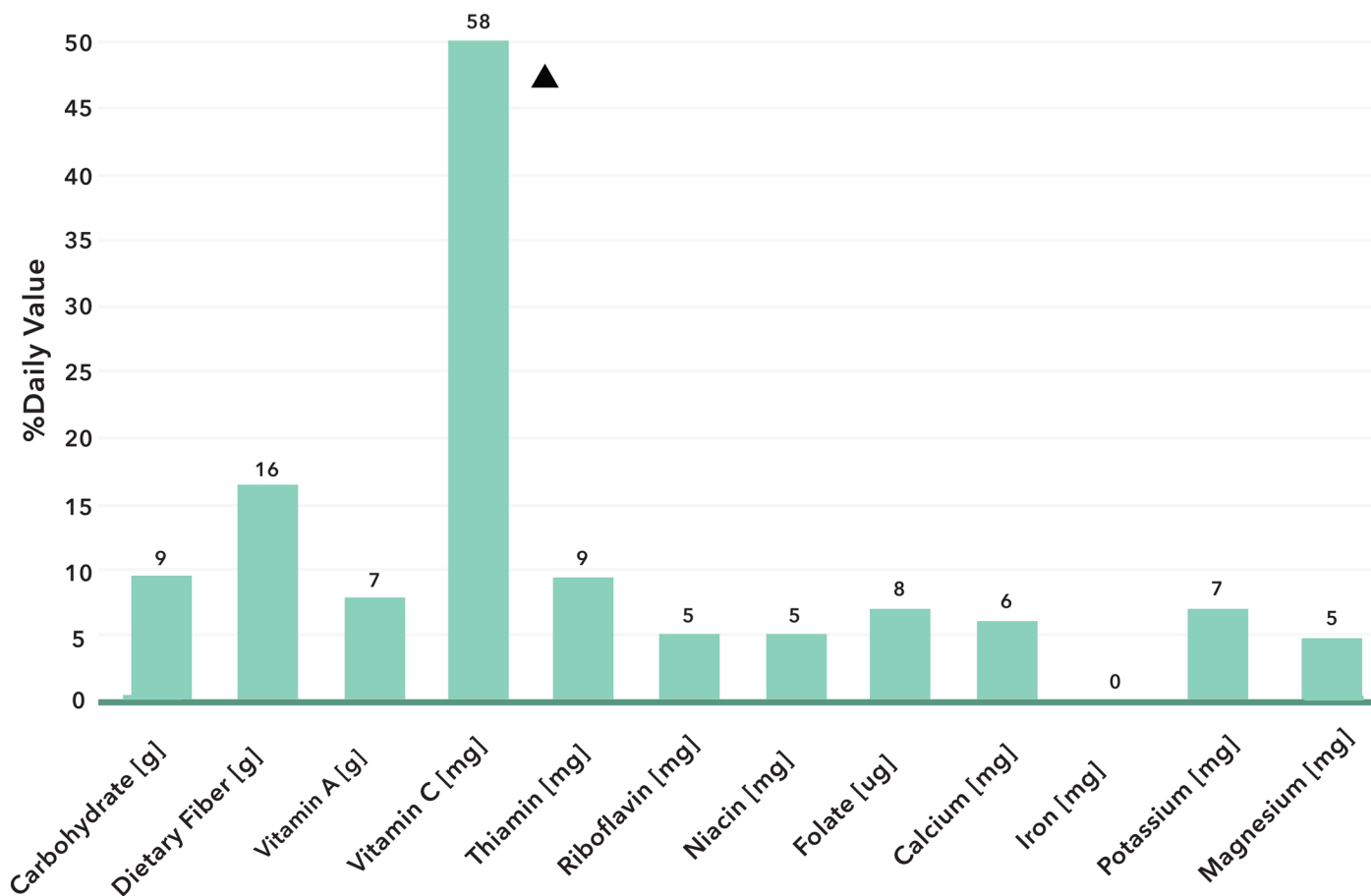
TANGERINE/LALANGHITA

Citrus reticulata

(CHamoru Name)

SEASON

Peak availability
March through
August;
moderate
availability
January through
September



* ▲ = AMOUNT EXCEEDS GRAPH LIMITS

*PERCENT DAILY VALUE (%DV) IS BASED ON A 2,000 KCAL DIET

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DID YOU KNOW?

Tangerine grown in warmer climates do not typically develop the deep orange color and stay green to avoid sun damage.

Graph based upon Hawaii Foods database nutrient composition for 1 cup sections, raw (195 g)

