



General Information – Navel Orange

Scientific Name: *Citrus Sinensis*

Navel Oranges are sweet in taste and seedless.

The New Zealand Navel Oranges are sweet and juicy, with no seeds. The skin is the perfect thickness making New Zealand Navel oranges easy to peel. The fruit is easily separated into segments with a bright orange juicy flesh.

Sizing

The size of the Navel Oranges are shown in fruit counts on the cartons. The counts or pieces of fruit per carton range from,

163 count (Small)

138 count

113 count

88 count

72 count

56 count

48 count (Large)

Carton weights

The Navel oranges are shipped in a sturdy paperboard carton. All cartons are packed with a total gross weight of 18kgs and a nett total fruit weight of 17.2kg. The carton gross, nett weights are printed on the carton along with the fruit count. We over pack our cartons by 200gm to insure a minimum nett fruit weight of 17kg per carton.

Availability

Navel oranges are available from August to November





Nutrition Information

- Calories 80 Calories from Fat 0
- Total Fat 0g 0%
- Saturated Fat 0g 0%
- Trans Fat 0mg 0%
- Cholesterol 0mg 0%
- Sodium 0mg 0%
- Potassium 240mg 7%
- Total Carbohydrate 20g 7%
- Dietary Fiber 2g 8%
- Sugars 14g 0%
- Protein <1g 0%
- Vitamin A 2%
- Vitamin C 98%
- Calcium 5%
- Iron 0%
- Thiamine 6%
- Riboflavin 4%
- Niacin 3%
- Vitamin B6 5%
- Folate 11%
- Pantothenic Acid 4%
- Phosphorus 3%
- Zinc 0%
- Magnesium 5%
- Selenium 6%
- Copper 5%
- Manganese 2%

*Values are based on a 2,000 calorie daily diet and a medium size Navel Orange.