



Geography/History

The **Clementine** tangerine is a tangerine that grows prolifically throughout the Mediterranean basin, specifically coastal citrus growing regions of Spain and North Africa. Its exposure to the United States is relatively new. It was received as budwood from Valencia, Spain in 1914. It was only in the 1990's, though that this fruit experienced large commercial-scale success. It is believed that the original Clementine was discovered growing as an accidental mutation in a garden in Algeria. Testing of the Algerian tangerine and the original Clementine variety proved that they are the same fruit.



Clementine Tangerines (*Citrus reticulata*), Fresh,
Nutritive Value per 100 g,
ORAC value 1620 TE units.
(Source: USDA National Nutrient data base)

Principle	Nutrient Value	Percentage of RDA
Energy	53 Kcal	2.5%
Carbohydrates	13.34 g	10%
Protein	0.81 g	1.5%
Total Fat	0.31 g	1%
Cholesterol	0 mg	0%
Dietary Fiber	1.8 g	5%
Vitamins		
Folates	16 mcg	4%
Niacin	0.376 mg	2.5%
Pantothenic acid	0.216 mg	4%
Pyridoxine	0.078 mg	6%
Riboflavin	0.036 mg	3%
Thiamin	0.058 mg	5%
Vitamin C	26.7 mg	44%
Vitamin A	681 IU	23%
Vitamin E	0.20 mg	1%
Vitamin K	0 mcg	0%
Electrolytes		
Sodium	2 mg	<0.5%
Potassium	166 mg	3.5%
Minerals		
Calcium	37 mg	4%
Copper	42 mcg	4.5%
Iron	0.15 mg	2%
Magnesium	12 mg	3%
Manganese	0.039 mg	1.5%
Zinc	0.07 mg	<1%
Phyto-nutrients		
Carotene-β	155 mcg	--
Carotene-α	101 mcg	--
Crypto-xanthin-β	407 mcg	--
Lutein-zeaxanthin	138 mcg	--

Description/Taste

The **Clementine** is petite, bright orange in appearance with a glossy, leathery peel rich with essential oils. When punctured or zested the peel reveals bright citrus aromatics. The skin clings loosely to its segmented flesh allowing for easy peeling. Its flesh is juicy, superbly sweet and generally seedless.

