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.

<table>
<thead>
<tr>
<th>Principle</th>
<th>Nutrient Value</th>
<th>Percentage of RDA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy</td>
<td>53 Kcal</td>
<td>2.5%</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>13.34 g</td>
<td>10%</td>
</tr>
<tr>
<td>Protein</td>
<td>0.81 g</td>
<td>1.5%</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0.31 g</td>
<td>1%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
<td>0%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1.8 g</td>
<td>5%</td>
</tr>
</tbody>
</table>

**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.