

# Kiwifruit

Kiwifruits are small and round shaped. They are fuzzy brown on the outside and bright green with tiny black seeds on the inside. The skin can be eaten or it can be peeled.

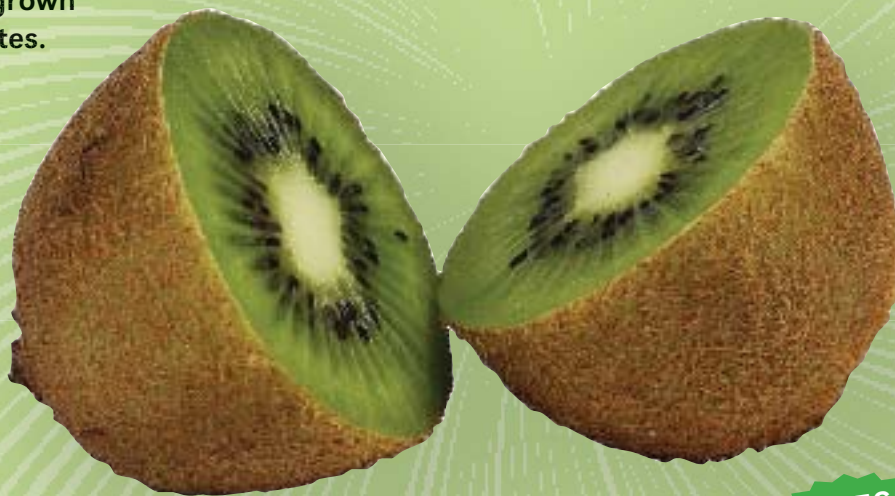
**Kiwifruits are fruit which grow on vines (similar to grapes).**

**The kiwifruit originated in China over 700 years ago where it was called "Yangtao."**

In 1906, seeds were sent to New Zealand and renamed the "Chinese Gooseberry."  
In 1962, it was first shipped to the United States and renamed "Kiwifruit" after New Zealand's national bird, the "kiwi."  
In North America, South America and Europe, the "fruit" part of the name is usually dropped, and simply called "kiwi."

**California produces around 98% of the kiwifruits grown in the United States.**

**Other countries which grow kiwifruits are Italy, New Zealand and Chile.**



## NUTRITION FACTS

- Fat free
- Cholesterol free
- Good source of fiber
- Good source of vitamin C
- Rich in vitamin E
- High in potassium

## VARIETIES

There are over 400 varieties of kiwifruits. The Hayward is the most popular in the United States. Kiwifruits are available year round.

## USES

**Kiwifruits are usually eaten raw. They can be eaten whole like an apple or cut into quarters like an orange. Another way to eat them is to cut them in half and scoop out the flesh with a spoon. Add slices to fruit salads, salsa or cereal.**



### Grape Kebabs

Preparation time: 10 minutes

Number of servings: 4

Cups of fruits or vegetables per serving: 1



#### Dip:

1 (8 oz.) can crushed pineapple

¼ c. apple juice

¼ c. non-fat vanilla yogurt

#### Fruit for Kebabs:

2 bananas, cut into 1/2 inch slices

1 T. orange juice

2 kiwifruits, peeled and cut into 1/2 inch slices

1 c. grapes

1 c. strawberries, melon balls\*, and/or blackberries

1. Combine the pineapple and apple juice in a blender. Add yogurt, and blend until smooth.
2. Pour into small bowl. If desired, cover and refrigerate before serving.
3. In a small bowl, place the banana slices, drizzle with orange juice. Stir gently.
4. Cut the kiwifruit slices into quarters.
5. For the kebabs, thread the fruit onto 4-inch skewers. Serve with the dip.

\* Use a melon baller to make melon balls or simply cut melon into 1-inch pieces.

Nutrition Information per Serving: Calories 140, Total Fat .5 g (1% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 20 mg (1% DV), Total Carbohydrate 36 g (12% DV), Dietary Fiber 4 g (16% DV), Sugars 26 g, Protein 2 g, Vitamin A 2%, Vitamin C 120%, Calcium 6%, Iron 4%.

---

### Fat-Free Kiwi Mango Salsa

Preparation time: 15 minutes

Number of servings: 1

Cups of fruits or vegetables per serving: 1



1 kiwifruit, peeled and diced

¼ c. mango\*, diced

1 T. cilantro, chopped

2 tsp. lime juice

½ tsp. chilies, minced

pinch of salt

1. Place all ingredients in a bowl and mix gently.
2. Serve with chips.

\*As an alternative, substitute ¼ cup dried figs for the mango.

Nutrition Information per Serving: Calories 80, Total Fat 1 g (1% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 290 mg (12% DV), Total Carbohydrate 19 g (6% DV), Dietary Fiber 3 g (12% DV), Sugars 13 g, Protein 1 g, Vitamin A 10%, Vitamin C 150%, Calcium 4%, Iron 2%.