

Blood Oranges

Look: The inside of a blood orange is deep red due to the pigment anthocyanin. The outside can look the same as an orange or have a pinkish color.

Taste: The blood orange tastes like a sweet orange that has been mixed with a tangy grapefruit and hints of tart cherries. A sweet/sour taste.

Touch: As with all citrus fruits, look for a blood orange that feels heavy. This is a sign that it is full of juice and ready to be enjoyed.



Do you think blood oranges taste more sweet or sour?



or



Did you know?

The majority of blood oranges are grown in California.

Although Texas, Florida and Arizona also grow some as well.



Nutritionals

Just like regular oranges, blood oranges are packed full of many nutrients including:

Fiber

Vitamin C

B1

Folate