

Pomegranate

Look:

Pomegranates are a round fruit about the size of a softball with a red to purple skin color. The inside has hundreds of seeds separated by a white membrane.

Taste:

Pomegranate seeds taste sweet and tart with a juicy burst or flavor.

Touch:

Pomegranate skin is hard and leathery with the inside seeds ranging from soft, semi-hard or hard depending on the variety.



One pomegranate can contain up to as many as 1000 edible seeds!

1K 

Did you know?

Pomegranates are in season Fall to Winter, sometimes referred to as The Jewel of Winter.



Health Benefits

Pomegranate nutrition (per 1 cup of seeds)

- Calories: 145
- Carbohydrates: 33 g
- Fiber: 7 g
- Sugar: 24 g
- Protein: 3 g
- Fat: 2 g
- Vitamin C: 18 mg
- Vitamin K: 29 mcg
- Folate: 67 mcg
- Potassium: 413 mg

