



Kiwi

- Size: 2 - 4 in.
- Scientific Name: Actinidia deliciosa
- Phytochemical: Beta-carotene, Lutein, Anthocyanins, Ellagic Acid
- Color: Brown-light brown. Skin Texture: Firm, thick, rough.
- Variety AKA/Synonyms: Chinese gooseberry, kiwi fruit, kiwi
- Shape: Size and shape of a large egg.
- Flesh Description: Tart-sweet light green flesh has a cream-colored core, surrounded by a halo of poppy-seed-like edible seeds.
- Taste: The tart-sweet flesh has a flavor utterly its own, but contains elements of citrus, strawberry, and melon.

Purchasing Specifications

Availability:

Year round

Growing Regions:

USA, Chile, New Zealand, Italy

Receiving Information:

- Selection: Choose kiwifruit that is firm with brown fuzzy skin.

Storage/Handling:

- Ethylene Producer: Yes
- Ethylene Sensitive: Yes
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: Yes
- Mist: No
- Odor Sensitive: No

- Bruised or broken skin: Ripe kiwifruit may exhibit bruised or broken skin if handled roughly. Keep handling to a minimum and do not drop shipping containers on the floor.
- Softening; shriveling; mold: Indication of ethylene exposure - keep product away from ethylene-producing produce and ripening rooms. Maintain a proper storage temperature.

Nutrition Facts

Serving Size: 1 kiwi

Amount Per Serving

| | Fat Calories | % Daily Value* |
|--------------------------|---------------|----------------|
| Calories 46 | | |
| Total Fat 0 g | | |
| Sat Fat 0 g | | |
| Trans Fat | | |
| Cholesterol 0 mg | | |
| Sodium 2 mg | 0% | |
| Total Carbohydrates 11 g | 9% | |
| Dietary Fiber 2 g | 9% | |
| Sugars 7g | | |
| Protein 1g | 2% | |
| Potassium 237 mg | 5% | |
| Vitamin A 0% | Vitamin C 94% | |
| Calcium 3% | Iron 1% | |

*Percent Daily Values are based on a 2,000-calorie diet.