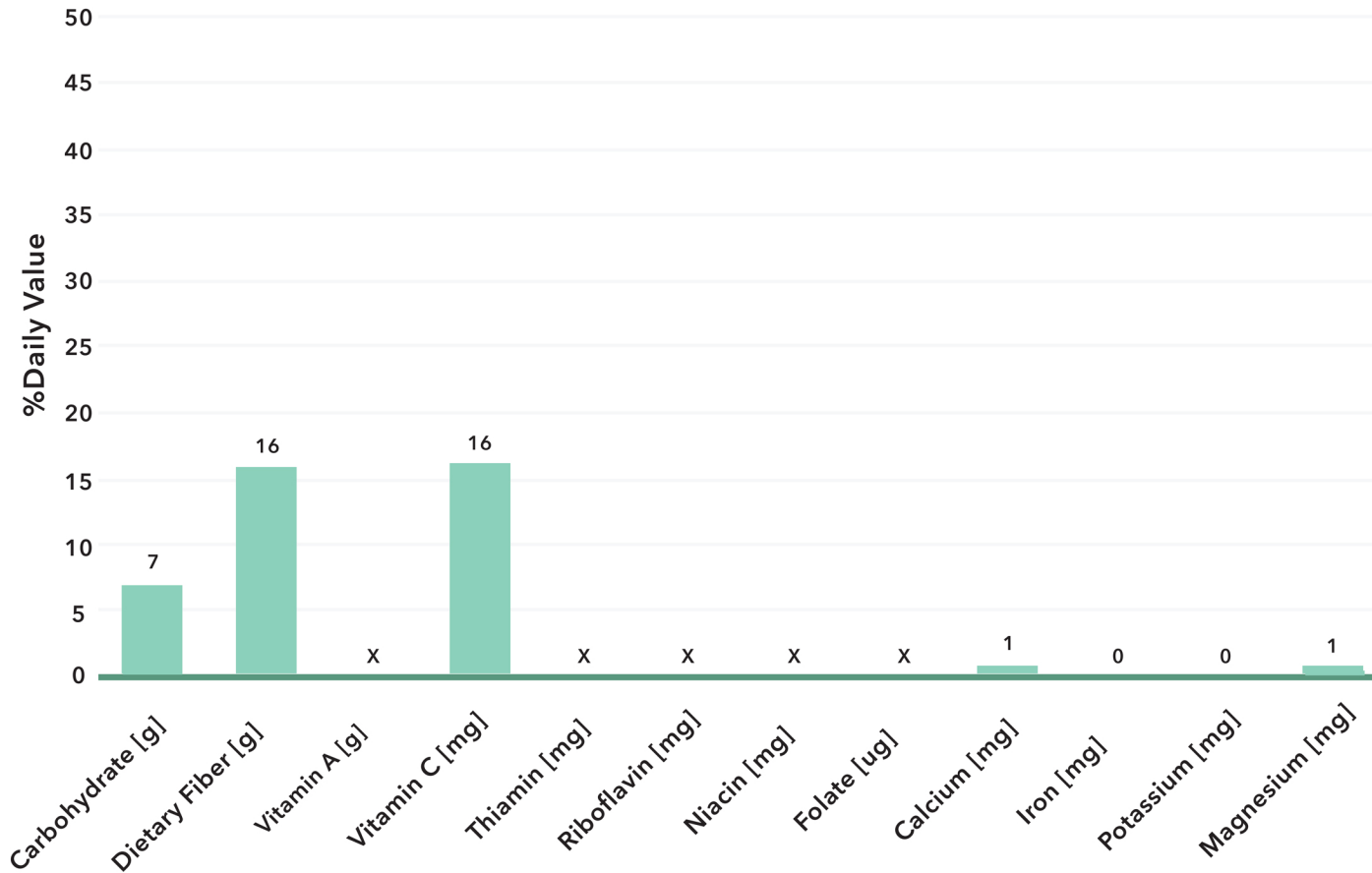


DRAGON FRUIT



DRAGON FRUIT

Hylocereus undatus



*PERCENT DAILY VALUE (%DV) IS BASED ON A 2,000 KCAL DIET

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SEASON

Peak availability
June through
September;
moderate
availability
April through
November

DID YOU KNOW?

Dragon fruit is actually a type of cactus and varieties can be found with red and white flesh (inside).

Graph based upon 1 cup
(140 g) raw

