

POMEGRANATE



GRANADA

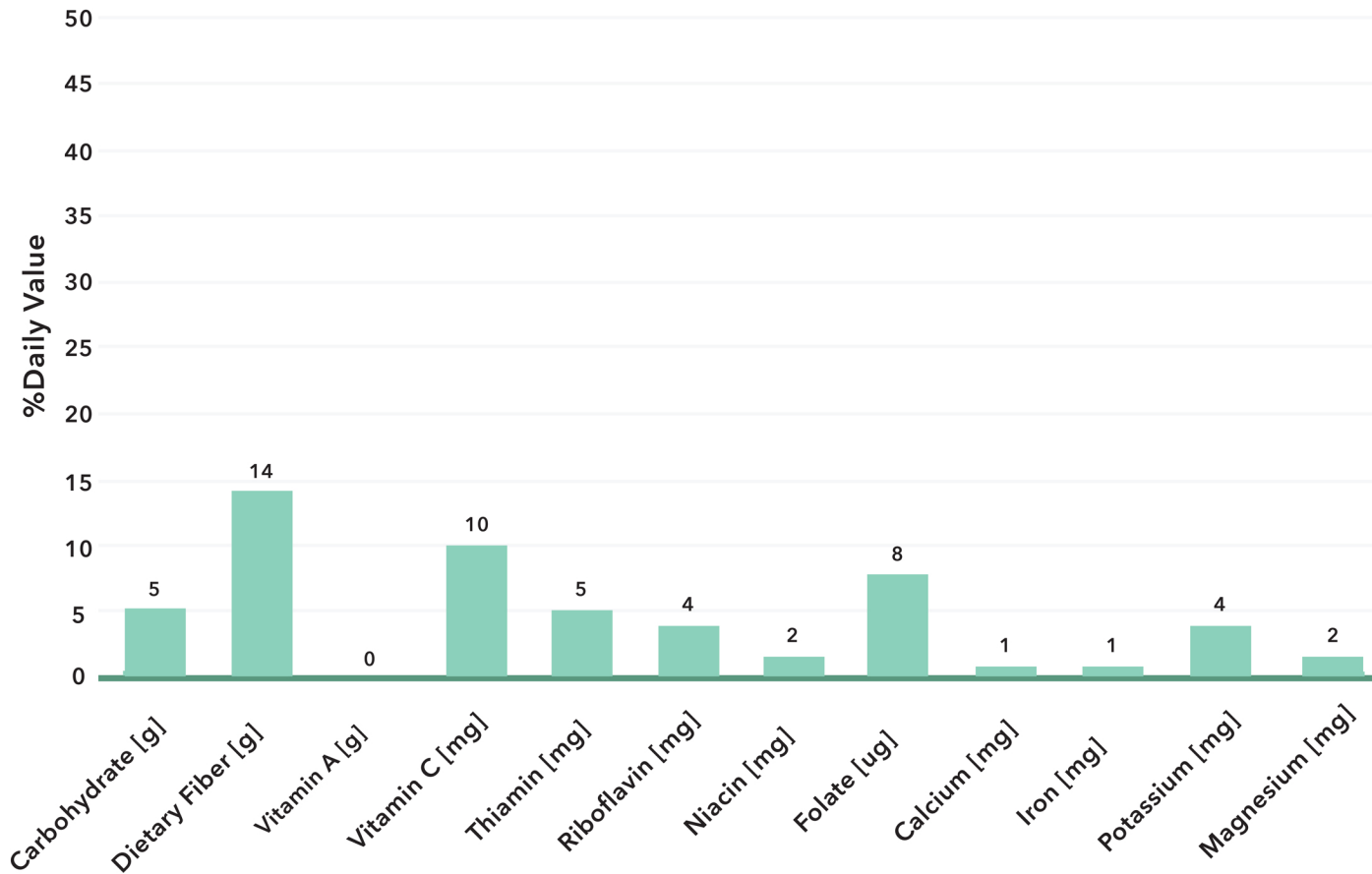
POMEGRANATE / GRANADA

Punica granatum

(CHamoru Name)

SEASON

Moderately
available year-
round



DID YOU KNOW?

Pomegranate is native to the Mediterranean region, but due to its heat-tolerance, can grow in tropical regions like Guam.

Graph based upon
USDA database nutrient
composition for ½ cup
raw, arils (seed/juice sacs)
(87 g)

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

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