

POMELO



KÅHET MÅ'GAS

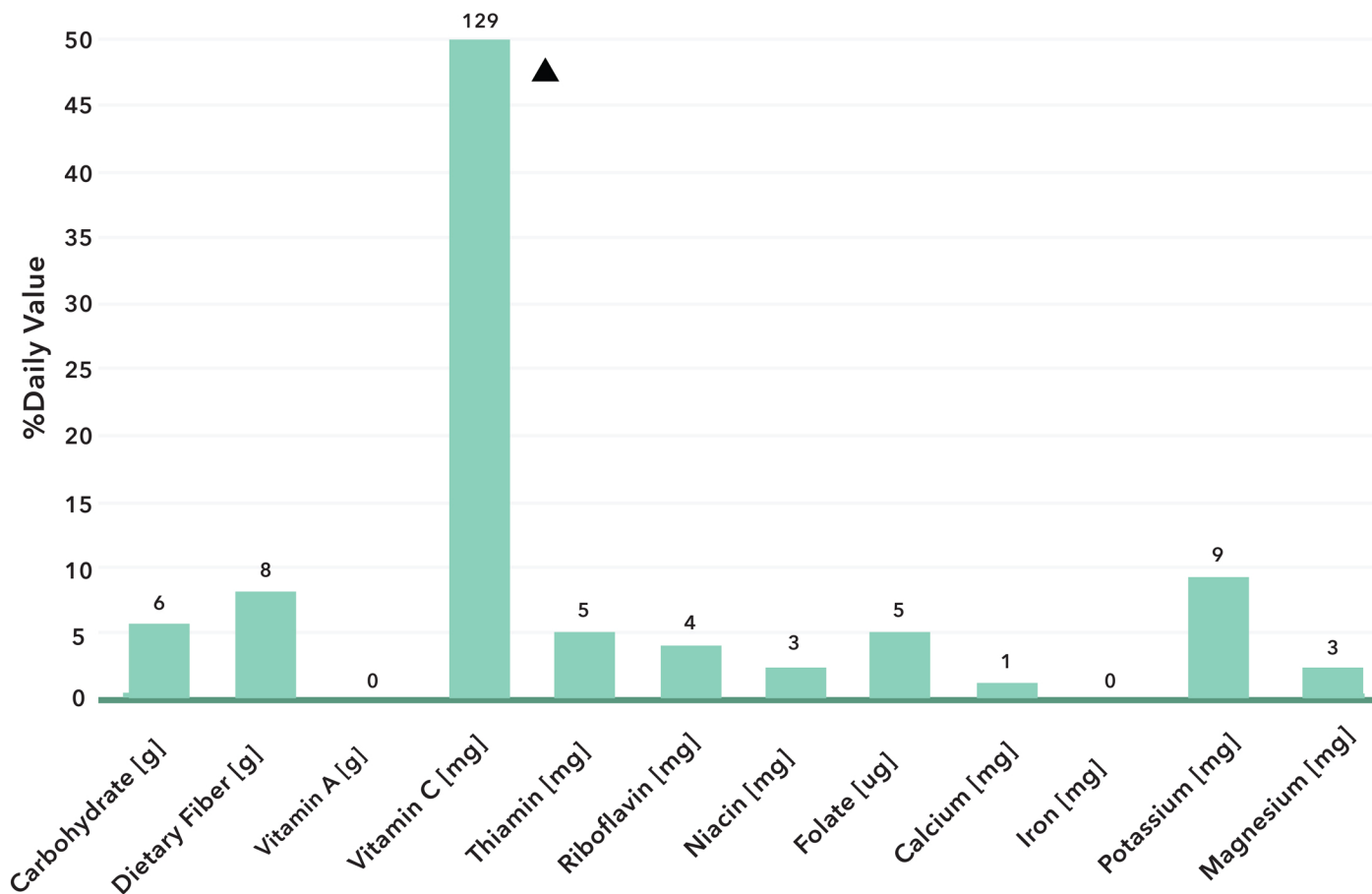
POMELO / KÅHET MÅ'GAS

Citrus maxima

(CHamoru Name)

SEASON

Peak availability
March through
July; moderate
availability
year-round
January through
December



* ▲ = AMOUNT EXCEEDS GRAPH LIMITS

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

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DID YOU KNOW?

Pomelo is similar to grapefruit, but is larger and has a thicker rind. It's also less bitter!

Graph based upon Hawaii Foods database nutrient composition for 1 cup raw sections (190 g)

