

STONE FRUIT FLAVOR PROFILE CHART

Mottled Pluots



Nutrition Facts	
Serving Size 1 cup, sliced 165g (165 g)	
Amount Per Serving	
Calories 76	Calories from Fat 4
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	9%
Sugars 16g	
Protein 1g	
Vitamin A 11%	Vitamin C 26%
Calcium 1%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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Flavor: Mottled Pluots start their season with green and purple spots then they turn to shades of pinks and purples with light speckling. The flesh can range from dark magenta to creamy white with pink blush. They are very sweet and juicy.

Usage: Fruit Salsa
Snacks
Jams and Pies

VF 45/50 - (1) PIECE = (1/2) CUP - 4 OZ

Black Pluots



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Flavor: Black Pluots are the most plum-like in taste with a robust sweetness and slight tang. These gems have brilliant flesh colors of magenta and pale yellow.

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