

# PLUOTS



**Pluot (Ploo-aught): a hybrid fruit that is a mix between a plum and an apricot.**



**Pluots were developed in the 1980's by Floyd Zaiger. He is famous for his work with fruit genetics!**



**Pluots are 60% plum and 40% apricot**

## Nutrition Facts

Serving Size 1 fruit (2-1/8 (66g))

Amount Per Serving

**Calories** 30      Calories from Fat 2

**% Daily Value\***

**Total Fat** 0g      0%

Saturated Fat 0g      0%

**Cholesterol** 0mg      0%

**Sodium** 0mg      0%

**Total Carbohydrate** 8g      3%

Dietary Fiber 1g      4%

Sugars 7g

**Protein** 0g

Vitamin A 5% • Vitamin C 10%

Calcium 0% • Iron 1%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**2 popular Pluot varieties are FLAVOR FALL and DAPPLE DANDY (aka DINO PLUOT)**

**DINO PLUOTS resemble a dinosaur egg**

