

Harvest of the Month

Jackfruit

Calories

143

Total Fat

1g

Sodium

3mg

Sugars

29g

1
cup

FUN FACTS:

The jackfruit tree originated from South Asia.

It is known as the King of Fruits as it can be as big as 3 feet long and 18 inches wide, and weigh over 50 pounds! The surface of the jackfruit is covered with thorn-like projections that become soft as it ripens.

The flesh is very sweet and aromatic. They taste like banana, melon and papaya all in one!

Each fruit has 100 to 500 edible and delicious seeds. Roast or boil in salted water for a snack!

This institution is an equal opportunity provider.

