



RAMBUTAN

GROWN IN GUATEMALA AND HONDURAS, OUR RAMBUTAN IS A FUN AND EASY SNACK, A FAMILY FAVORITE!

This tropical fruit is similar to lychee, with white pulp and a large nutty seed in the center. Fresh rambutan has a bright red leathery exterior with soft red & green spikes.

Rambutan has an incredible taste. Sweet and refreshing, with 10 calories per fruit, rambutan is a healthy and convenient snack. It is best served chilled. Just hold the fruit with both hands, twist apart or cut at the seam. Separate skin to open the fruit, peel & enjoy the pulp, discard the seed.

A GOOD SOURCE OF FIBER AND ANTIOXIDANTS

SELECTION:

Choose red fruits.
Avoid black, dry & leaky fruits.

AVAILABILITY:

May – February

STORAGE:

Store at room temperature or fridge.

HOW TO EAT



Cut open and enjoy the white pulp, discard seed.

Keep Refrigerated 50° F / 10° C