



Selection:

Choose brightly colored limes with smooth skin that are heavy for their size. Limes are dark green when mature and gradually become yellow when overripe. Avoid hard and wrinkled limes.

Storage:

Store unwashed limes at room temperature or in a resealable plastic bag in the refrigerator for up to 3 weeks. Leftover lime juice can be frozen and used later.

Room Temperature: Up to 3 weeks

Refrigerator: Up to 3 weeks

Use:

Rinse limes thoroughly before preparing. If juicing a lime, leave at room temperature. To get the most juice out of the lime, roll between the palm of your hand and the countertop. Six medium limes will yield about ½ cup of juice. Lime juice can be used to cover sliced avocados, bananas, peaches, pears, or apples to prevent browning. The juice can also be used when cooking cauliflower to enhance the white color.



Digital Scale:

The number on the screen = Total Weight



Hanging Scale:

The number the arrow is pointing to = Total Weight

Buying:

Limes can be sold individually or by the pound. If sold per pound, weigh produce to find out exactly how much it will cost. Place the number of limes you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

$$\text{Total Weight (lbs)} \times \text{Price} = \text{Cost of Limes}$$

Use this table to find the total cost.

Example: What is the total cost for 2 lbs of limes at \$1.19 per lb? $2 \text{ lbs} \times \$1.19 = \2.38

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
\$ 0.49	\$0.49	\$0.74	\$0.98	\$1.23	\$1.47	\$1.72
\$ 0.59	\$0.59	\$0.89	\$1.18	\$1.48	\$1.77	\$2.07
\$ 0.69	\$0.69	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42
\$ 0.79	\$0.79	\$1.19	\$1.58	\$1.98	\$2.37	\$2.77
\$ 0.89	\$0.89	\$1.34	\$1.78	\$2.23	\$2.67	\$3.12
\$ 0.99	\$0.99	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47
\$ 1.09	\$1.09	\$1.64	\$2.18	\$2.73	\$3.27	\$3.82
\$ 1.19	\$1.19	\$1.79	\$2.38	\$2.98	\$3.57	\$4.17
\$ 1.29	\$1.29	\$1.94	\$2.58	\$3.23	\$3.87	\$4.52
\$ 1.39	\$1.39	\$2.09	\$2.78	\$3.48	\$4.17	\$4.87
\$ 1.49	\$1.49	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22
\$ 1.59	\$1.59	\$2.39	\$3.18	\$3.98	\$4.77	\$5.57
\$ 1.69	\$1.69	\$2.54	\$3.38	\$4.23	\$5.07	\$5.92
\$ 1.79	\$1.79	\$2.69	\$3.58	\$4.48	\$5.37	\$6.27
\$ 1.89	\$1.89	\$2.84	\$3.78	\$4.73	\$5.67	\$6.62
\$ 1.99	\$1.99	\$2.99	\$3.98	\$4.98	\$5.97	\$6.97

Know how. Know now.

Nutrition:

1 medium Lime

Nutrition Facts	
Serving Size 1 medium (67g)	
Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 35%
Calcium 0%	Iron 0%

¼ cup Lime Juice

Nutrition Facts	
Serving Size (52g)	
Servings Per Container	
Amount Per Serving	
Calories 15	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 0g	
Vitamin A 0%	Vitamin C 30%
Calcium 0%	Iron 0%

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The first Nutrition Facts Label shown here is for 1 medium lime. All limes are not the same size, but you can use this to estimate the nutrient content for a smaller or larger lime.

The second Nutrition Facts Label is for ¼ cup lime juice. Lime juice is commonly used in recipes and this can be used to estimate the nutrient content for just the lime juice.

Recipe:

Kiwifruit-Mango Salsa

Preparation Time: 15 minutes

Serves 3

Cups of Fruit and Vegetables per Serving: 5



Ingredients:

- 3 medium kiwifruit
- ¾ cups mango, peeled and chopped
- 1 Tablespoon green Chile peppers, minced
- 2 Tablespoons lime juice, fresh
- 1 ½ teaspoons honey
- 3 Tablespoons cilantro
- 1/8 teaspoon salt
- 3 ounces tortilla chips (1 oz. per serving)

Preparation:

- 1.) Peel the kiwifruit. Cut lengthwise into quarters, then slice.
- 2.) Put the kiwifruit into a medium bowl and add all the remaining ingredients except the tortilla chips.
- 3.) Serve with tortilla chips or over cooked fish or chicken.

Nutrition Information per Serving:

Calories 202, Total Fat 2.7 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 279 mg, Carbohydrates 45 g, Dietary Fiber 5 g, Protein 4 g.