



Eat a Colorful Variety of Fruits & Vegetables Every Day



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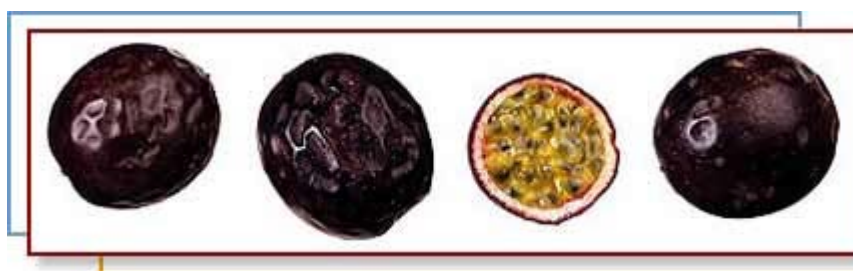
Publications

For Health Professionals

## Fruit & Vegetable of the Month



### Fruit of the Month: Passion Fruit



An egg-shaped tropical fruit that is also called a purple granadilla, the passion fruit has a wrinkled purple-brown rind enclosing flesh-covered seeds, something like a pomegranate (granadilla means "little pomegranate" in Spanish). The seeds are edible so you can eat pulp straight from the shell. Passion fruit is more commonly sieved and its highly aromatic juice are used as a flavoring for beverages and sauces. The pulp has an intense aromatic while the texture is jelly-like and watery. The flavor is likened to guava. Native to Brazil, passion fruits are grown in Hawaii, Florida, and California. These crops, imports from New Zealand, keep passion fruit on the market all year.

#### Nutritional Information

Passion fruit is an excellent source of vitamins A and C. One passion fruit has only 16 calories. When eaten with the seeds, a serving is an excellent source of fiber.

#### Selection

Choose large, heavy, firm fruit. When ripe, it has wrinkled, dimpled, deep purple skin. Skin is old-looking, but does not mean the fruit is rotten. Mold does not affect quality and can be wiped off. Fruit color is green when they are immature, changing to shades of purple, red or yellow as they ripen. Leave at room temperature to ripen. The skin will wrinkle, but the fruit will not soften much. Once ripe, store in the refrigerator up to 1 week.

#### Preparation

Passion Fruit is generally eaten fresh but may be cooked for use in sauces and fillings. Begin by cutting the fruit in half and scooping out the fleshy pulp with a spoon. Spoon the pulp over ice cream or other soft

#### Passion Fruit

Serving size 118g

#### Amounts Per Serving

Calories 110  
Calories from Fat 5  
Total Fat 1g  
Saturated Fat 0g  
Sodium 35mg  
Total Carbohydrate 28g  
Dietary Fiber 12g  
Sugars 13g  
Protein 3g  
Vitamin A  
Vitamin C  
Calcium  
Iron

\* Percent Daily Values are based on a diet of 2,000 calories.

fruits. The pulp makes a delicious jam or jelly and the seeds add a unique crunchy texture. To remove seeds: Strain in a non-aluminum sieve, or use cheesecloth, squeezing to extract

### Varieties

New Zealand Passion Fruit is purple while the Hawaiian variety is yellow.

#### Purple Form

##### **Black Knight**

Developed in Massachusetts. This variety is fragrant with a dark purple-black fruit, and shape of large egg and excellent flavor.

##### **Edgehill**

Originated in Vista, Calif. Similar to Black Knight, but more vigorous. It has a long period and produces a larger purple fruit. One of the best outdoor cultivars for So California.

##### **Frederick**

Originated in Lincoln Acres, Calif. This variety is a large, nearly oval fruit, greenish with reddish cast, slightly tart flavor, good for eating out of hand, and excellent for

##### **Kahuna**

This variety is very large with a medium purple color in the fruit. It has a sweet, tart flavor that is good for juicing.

##### **Paul Ecke**

Originated in Encinitas, Calif., It is a medium-sized purple fruit of very good quality suitable for juicing and eating out of hand.

##### **Purple Giant**

This is a very large variety of fruit and is dark purple when mature.

##### **Red Rover**

Originated in Lincoln Acres, Calif. This variety is medium to large, roundish, with an attractive clear red color. This variety has a sweet, notably rich flavor with tart overtones. It is good for eating out of hand or juicing.

#### Yellow Form

##### **Brazilian Golden**

Large, golden-yellow fruits, larger than standard forms, the flavor is somewhat tart. It has an extremely vigorous vine, requiring cross-pollination. This variety has extra large, funnel-shaped flowers, white with a dark center that blooms during mid-summer. Produces one fruit beginning in late August or early September

##### **Golden Giant**

A large yellow-fruited cultivar that originated in Australia.

### Recipes

#### **Baked Plantains With Passion Fruit**

5 Servings

Each serving equals 1/2 cup of fruit or vegetables

##### *Ingredients*

5 small ripe plantains (or bananas), peeled and sliced  
1 Tbsp unsalted butter, melted  
juice of 3 passion fruits



¼ cup honey  
 Juice and zest of one Florida lime  
 ½ tsp nutmeg

Peel, slice and arrange ripe plantains (bananas) in a glass pie pan or baking dish. Sprinkle the remaining ingredients. Bake at 350°F for 30 minutes.

Nutritional analysis per serving: Calories 210, Protein 1g, Fat 2g, Calories From Fat 10%, Cholesterol 5mg, Carbohydrates 50g, Fiber 2g, Sodium 5mg.

### Passion Fruit Smoothie

4 servings

Each serving equals 1 1/2 cups of fruit or vegetables

#### Ingredients

8 small scoops of low-fat frozen yogurt  
 4 passion fruits  
 4 peaches, sliced  
 16 oz strawberries, fresh or frozen



Puree half of the strawberries. Scoop out the passion fruit pulp and add to the strawberry puree. Place the remaining strawberries and peaches into 4 serving cups (leave a few for decoration). Add two scoops of yogurt to each and top off with the remaining fruits. Pour the strawberry puree over the sundae and serve.

Nutritional analysis per serving: Calories 234, Protein 8g, Fat 1g, Calories From Fat 2%, Cholesterol 3mg, Carbohydrates 52g, Fiber 6g, Sodium 51mg.

### Orange Passion Fruit Freeze

Makes 2 servings

Each serving equals 1 cup of fruit or vegetables

#### Ingredients

2 cups citrus flavor sorbet  
 Juice of 4 passion fruits  
 ½ cup orange juice  
 ¼ cup skim milk

Place the sorbet, juices and milk in a blender and blend on high for 15 seconds or until a sorbet is smooth. Pour into a glass and serve immediately.

Nutritional analysis per serving: Calories 258, Protein 3g, Fat 0g, Calories From Fat 1%, Cholesterol 0mg, Carbohydrates 63g, Fiber 4g, Sodium 42mg.

### Passion Fruit Cup

Makes 2 servings

Each serving equals 1 1/2 cups of fruit or vegetables

Source: Produce for Better Health

#### Ingredients




2 passion fruits  
1 Tbsp honey  
lime juice  
1 large kiwi, peeled and sliced  
1 banana, sliced  
1 cup red grapes seedless, cut in half

Cut the top from each passion fruit and scoop out the pulp. In a bowl, combine passion fruit pulp, honey and lime juice to taste. Combine other fruits, toss gently and serve.

Nutritional analysis per serving: Calories 152, Protein 2g, Fat 1g, Calories From Fat 5%, Cholesterol 0mg, Carbohydrates 39g, Fiber 5g, Sodium 10mg.

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