



# Kiwi Fruit

With their soft, sweet, and slightly tart flesh with crunchy little black seeds, kiwi fruit are unique and delicious.



## Nutrition

- One medium kiwi fruit contains around 40 calories, 10g carbohydrates, and 2g fiber, and contains vitamins and minerals, including vitamin K, vitamin C, potassium, and magnesium.
- Like other fruits, kiwi fruit are not a significant source of fat, protein, or sodium.



## Price

- Fresh kiwi fruit average about \$2.18 per pound

Based on fruit and vegetable prices from U.S. Department of Agriculture



## Shopping

- **Fresh:** Look for fresh kiwi fruit that have smooth, firm outer skins. Avoid kiwi fruit with wrinkled skin or soft spots, which can indicate over-ripeness.
- **Dried:** Like many dried fruits, dried kiwi fruit makes for a convenient, portable snack. Find them dried with a sugar coating or freeze-dried without sugar.
- **Juiced:** Some juice blends will add kiwi fruit. Look for those with 100% juice.
- **Frozen:** Check your freezer section for frozen fruit blends with kiwi fruit. Look for no-sugar-added brands, where available.



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## Storage

- Store unpeeled kiwi fruit at room temperature.
- If the kiwi fruits feel soft when squeezed gently and have a sweet smell, they are ripe. Eat them within a day or two or refrigerate for longer storage.
- Hard kiwi fruits will usually ripen within a few days at room temperature.



## Eat

- Acorn squash is mild tasting, and adding sweet spices like cinnamon or roasting the squash to caramelize some of its sugars can add flavor.
- Acorn squash can be stuffed, roasted, made into soup, mashed like potatoes, and used in baking goods.



## Preparation

- Wash the fuzzy skin of kiwi fruits before preparing.
- Eat the skin if you like; it's edible. Or remove the skin with a knife, vegetable peeler, or scoop out with a spoon.
- **Preserve**
  - Can "Strawberry-Kiwi Jam" from the National Center for Home Food Preservation. Find the recipe at [nchfp.uga.edu](http://nchfp.uga.edu).



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