

White Nectarines

HIMIC

Peach . Nectarine . Black Plum . Red Plum . Yellow Plum . Starless Ruby . Pluot . White Peach . White Nectarine

Although they share the same name, do not be confused. A nectarine and a white nectarine are two unique pieces of fruit. A white nectarine is low acid causing the fruit to taste more like a piece of candy than a healthy treat. The flesh is white, and skin is smooth with coloring that can vary from maroon to a pale pink depending on the variety.

Taste Scale

Less Sweet



More Sweet

Less Tart



More Tart

Calorie Comparison



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4 1/2
White Nectarines

Small
French Fry

Did You Know?

The seed of the white nectarine is referred to as a pit or a stone, hence the name Stone Fruit

