



# ALL YOU NEED IN ECUADOR

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## AVOCADO - AGUACATE - PALTA

It is a pear-shaped fruit, although it can also have a cucumber or apple shape. Its skin is green, the tone and texture change from one variety to another. It has a creamy pulp and green color that covers a large brown inedible seed.



### Nutrition Facts

Serving Size 100g

#### Amount Per Serving

**Calories** 160

**% Daily Value\***

**Total Fat** 15g

Saturated fatty acids 2.1g

Polyunsaturated fatty acids 1.8g

Monounsaturated fatty acids 10g

**Protein** 2g

**Sodium** 7mg

**Total Carbohydrates** 9.0g

Dietary Fiber 7.0g

Sugars 0.7g

Vitamin A 146iu

Vitamin C 10mg

Vitamin B6 0.3mg

Calcium 12mg

Iron 0.6mg

Magnesium 29mg

Potassium 485mg

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

Your Daily Values may be higher or lower depending on your calorie needs.



Lotización Puertas de Alcalá  
Pasaje S/N, Lote 1. La Planicie  
Quito - Ecuador



[sales@allyouneedinecuador.com](mailto:sales@allyouneedinecuador.com)  
[allyouneedecuador2019@gmail.com](mailto:allyouneedecuador2019@gmail.com)



+593 9 80 588 902  
+593 9 62 549 469  
+593 2 203 1760



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## AVOCADO - AGUACATE - PALTA

### BENEFITS

- Source of energy and nutrients
- Has more potassium than bananas
- It's good for the heart
- It is rich in fiber
- It is low in cholesterol and triglycerides
- It will help you absorb other nutrients
- Helps prevent cancer
- It is good for arthritis
- Help to lose weight

### PROPERTIES

Loaded with healthy fat, rich in vitamin E, they also provide 22% of the daily needs of vitamin C, a little provitamin A and a variety of minerals (potassium, calcium, magnesium, phosphorus, iron, copper and zinc).



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[sales@allyouneedinecuador.com](mailto:sales@allyouneedinecuador.com)  
[allyouneedecuador2019@gmail.com](mailto:allyouneedecuador2019@gmail.com)



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