

## **ALL YOU NEED IN ECUADOR**

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## **BLACKBERRY - MORA**

The berries are fruits that despite coming from plant species that are completely different, have a similar and common characteristic. Its size is tiny, between 1 and 3 cm, depending on the species.

There are two kinds:

Nutrition	Facts
Serving Size	100g
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Amount Per Serving	
Calories	53.00 kcal
	% Daily Value*
Total Fat	0.65g
Protein	1.2g
Sodium	1mg
Total Carbohydrates	11.94g
Dietary Fiber	6.5g
Sugars	4.42g
Vitamin B	0.055mg
Vitamin C	26.2mg
Phosphorus	29.00mg
Calcium	25.00mg
Iron	0.69mg
Magnesium	22.00mg
Potassium	151mg
Manganese	0.67mg
Zinc	0.42mg
Folic Acid	21.00ug
Niacin	0.598mg

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.



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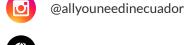


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# **BLACKBERRY - MORA**

**Rubus:** This plant is native to the high and tropical areas of America, found in Colombia, Ecuador, Panama, Costa Rica, Guatemala, Honduras, Mexico and Peru, among other countries. It develops very well in clay loam soils.

**Morus:** It has been cultivated for its edible fruit, and planted and naturalized in western Europe, Ukraine, and in eastern China.

#### **BENEFITS**

• Protect from many degenerative and cardiovascular diseases

• Helps the function of nerves, the contraction of muscles and the heart rate remains constant

- Rich in fiber
- Helps reduce cholesterol (promotes the regulation of blood glucose).

# PROPERTIES

They are very rich in vitamin A, as well as in potassium, especially the blackberries of the genus Morus and they are especially rich in vitamin C, containing even higher amounts than some citrus fruits, they are also low calorie fruits due to their low intake of carbohydrates, which makes them a beneficial food helping the metabolism.



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