



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

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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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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