



ALL YOU NEED IN ECUADOR

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GRANADILLA

Popularly called granadilla or sweat passion fruit, is a climbing plant native from the Andes. This ovoid fruit is immature green and turns orange yellow with small white spots when ripe. The pulp is very aromatic with a mucilaginous texture.



Nutrition Facts

Serving Size 100g

Amount Per Serving

Calories 106

% Daily Value*

Total Fat 3.10gr

Protein 2.60gr

Sodium n. gr

Total Carbohydrates 23.38gr

Dietary Fiber 4.7gr

Sugars n. gr

Vitamin A 167iu

Vitamin C 21mg

Vitamin E 0mg

Calcium 12mg

Iron 0.80mg

*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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THINK
BEFORE
TOPRINT



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GRANADILLA

BENEFITS

- Helps to stabilize the nerves.
- Stimulates digestion,
- controls acidity
- When consumed whole, with seeds, it has a high fiber content.
- It is a natural relaxant.
- Help eliminate cholesterol.
- Regulates heart rate and blood pressure

PROPERTIES

It is an excellent source of potassium, calcium, phosphorus, iron and fiber. It helps your body with the essential vitamins for the body such as vitamin B1, B2, C and provitamin A. It is important that you know that it contains proteins and carbohydrates and that it works to stabilize the nerves.



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