



ALL YOU NEED IN ECUADOR

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NARANJILLA

It is also known as lulo, obando, cocona, ornuqui. Although its name implies that it looks like orange, it is actually very different, its taste is more sour and acidic. The interior of the fruit looks more like a tomatillo than an orange.

One of the main uses of the naranjilla is to prepare juice and it also lends itself very well to combine with other fruits in juices and smoothies. The naranjilla can also be used to prepare a variety of dishes from desserts such as ice creams and cakes to savory dishes such as dry or stews of meat



Nutrition Facts	
Serving Size	100g
Amount Per Serving	
Calories	25
% Daily Value*	
Total Fat	0.0gr
Protein	0.0gr
Sodium	4.0mg
Total Carbohydrates	5.9gr
Dietary Fiber	n. gr
Sugars	n. gr
Vitamin A	568iu
Vitamin C	3.2mg
Vitamin K	14.6mg
Calcium	8.0mg
Phosphorus	12.0mg
Magnesium	n. mg
Potassium	200mg

*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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NARANJILLA

BENEFITS

- Digestive health
- Heart health
- Immune system health
- Boosts blood circulation
- Cancer prevention
- Detoxifies the body
- Bone health
- Weightloss
- Stimulates the Brain

PROPERTIES

It is a product rich in vitamins A and C, also in calcium. Doctors say that because of its high content of vitamin C, the consumption of this fruit is beneficial to purify the blood.



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