



# ALL YOU NEED IN ECUADOR

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## PASSION FRUIT - MARACUYÁ

The passion fruit, also known that active your passion mode, is a plant of tropical origin whose fruit, oval in shape, has many nutritional and medicinal properties.



### Nutrition Facts

Serving Size	100g
<b>Amount Per Serving</b>	
<b>Calories</b>	97
<b>% Daily Value*</b>	
<b>Total Fat</b>	0.7gr
<b>Protein</b>	2.2gr
<b>Sodium</b>	28mg
<b>Total Carbohydrates</b>	23.38gr
Dietary Fiber	n. gr
Sugars	11.2gr
<b>Vitamin B2</b>	0.13mg
<b>Vitamin C</b>	30.0mg
<b>Zinc</b>	0.1mg
<b>Calcium</b>	12mg
<b>Iron</b>	1.6mg
<b>Magnesium</b>	29.0mg
<b>Potassium</b>	348mg

\*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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## PASSION FRUIT - MARACUYÁ

### BENEFITS

- High fiber content, helping in intestinal transit.
- Lowers blood pressure
- Helps to treat depression and some altered states of the nervous system
- Good source of vitamin c
- It is a diuretic that helps eliminate toxic substances from the body
- Help reduce cholesterol levels

### PROPERTIES

Passion fruit helps to provide essential vitamins that the body needs such as vitamins A, niacin, riboflavin, ascorbic acid, B2 and C. It is a source of protein, minerals and carbohydrates.



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