



# ALL YOU NEED IN ECUADOR

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## STRAWBERRIES - FRESAS

Also known as strawberry, it is a bright red fruit, succulent and fragrant; in the West it is considered the "queen of fruits", it can be eaten raw or as a compote and a marmelade.

In the country they are cultivated in zones that have between 1 300 and 3 600 meters above sea level and with temperatures that border the 15°.



### Nutrition Facts

Serving Size 1/2 cup (83g)

#### Amount Per Serving

**Calories** 32.0 kcal

**% Daily Value\***

**Total Fat** 0.30g

**Water** 90.95%

**Protein** 0.67g

**Sodium** 60mg

**Total Carbohydrates** 7.68g

Dietary Fiber 2.0g

Sugars 4.89g

Vitamin C 58.8mg

Phosphorus 24.0mg

Calcium 16.0mg

Iron 0.41mg

Magnesium 13.0mg

Potassium 153.0mg

Sodium 1.0mg

Zinc 0.14mg

Copper 0.048mg

Fluoride 4.4mg

\*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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## STRAWBERRIES - FRESAS

### BENEFITS

- They are low in calories (One cup of strawberries has about 43 calories).
- Help reduce the level of bad cholesterol in blood (due to ascorbic acid, lecithin and pectin that contains the fruit).
- Acts as a powerful antioxidant and natural anti-inflammatory (One cup of strawberries contains 21 grams of manganese).
- Contribute to bone health (for its content in magnesium, potassium and vitamin K).
- They contain fiber, which helps regulate digestive processes and reduce the feeling of hunger
- They are an important source of vitamin C. One cup of strawberries contains 136% of the recommended daily amount of this vitamin, which makes them a powerful antioxidant that enhances the immune system.
- They help to lose weight, due to its low caloric content and its high nitrate content. Strawberries are a good ally for weight loss diets. They help reduce appetite, promote blood circulation and, in addition, are delicious!

### PROPERTIES

They are a source of B vitamins, such as vitamin B6, niacin, riboflavin, pantothenic acid or folic acid. -It acts as a powerful antioxidant and natural anti-inflammatory. One cup of strawberries contains 21 grams of manganese.



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