

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 115°.



Nutrition Facts

Serving Size 1/2 cup (83g)

9	1 (5)
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



Lotización Puertas de Alcalá Pasaje S/N, Lote 1. La Planicie Quito - Ecuador



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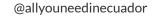


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BENEFITS

- 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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