



# La Passiflora



## Technical Data Sheet

<b>Tradename</b>	Maracuyá, Passion Fruit
<b>Scientific Name</b>	<i>Passiflora Edulis</i>
<b>Display</b>	Fresh Fruit
<b>Assortment</b>	Yellow Creole
<b>Unit of measurement</b>	Kilogram
<b>Category</b>	First I
<b>Grammage</b>	Between 90 and 140 grams
<b>Packaging</b>	Boxes of 10Kg approx. and/or according to requirement
<b>Characteristics</b>	<p>1. The fruit is round or oval in shape, the shell is hard and yellow.</p> <p>2. The pulp is made up of abundant dark seeds surrounded by a viscous yellow mass that exudes a sweet and slightly acid flavor at the same time. This mass represents 40% of the fruit.</p>
<b>Health benefits</b>	It contains a high nutritional and energy value that includes vitamins A, B, C. It is also favorable for cholesterol treatments, it is low in fat, it has calming and detoxifying properties.
<b>Duration / Perishability</b>	4 to 5 weeks at room temperature
<b>Conservation</b>	From 7°C to 10°C

## Nutrition Facts

<b>Portion size</b>	<b>100g</b>
<b>Number of calories per serving</b>	<b>61</b>
	<b>Quantity per 100g</b>
<b>Energy</b>	256 kJ
<b>Total Fat</b>	0,1 g
<b>Sodium</b>	11 mg
<b>Total carbohydrates</b>	16,1 g
Available carbohydrates	15,9 g
<b>Dietary Fiber</b>	0,2 g
<b>Proteins</b>	0,9 g
Calcium	13 mg
Phosphorus	30 mg
Zinc	0,06 mg
Iron	3 mg
Water	82,3 g
Ashes	0,6 g
Vitamin A	121 µg
Thiamine (B1)	0,03 mg
Riboflavin (B2)	0,15
Niacin (B3)	2,24
Vitamin C	22 mg

Source: Peruvian tables of food composition - National Center for Food and Nutrition - Ministry of Health - Peru