



# La Passiflora



## Technical Data Sheet

<b>Tradename</b>	Sweet passion fruit, Golden fruit
<b>Scientific Name</b>	<i>Passiflora Ligularis</i>
<b>Display</b>	Fresh Fruit
<b>Assortment</b>	Colombian Ecotype
<b>Unit of measurement</b>	Kilogram
<b>Category</b>	Extra and First Quality
<b>Grammage</b>	<ul style="list-style-type: none"><li>• Extra: Between 120 to 145 gr</li><li>• First: Between 100 to 120 gr</li></ul>
<b>Packaging</b>	Boxes of 10Kg approx. and/or according to requirement
<b>Characteristics</b>	<ol style="list-style-type: none"><li>1. The fruit is an ovoid capsule, supported by a long peduncle, the peel is hard, orange with dots.</li><li>2. It is composed of the epicarp (shell) that gives great strength to the fruit and the mesocarp; white and spongy that stores the pulp.</li><li>3. The seeds are flat and dark, surrounded by a transparent and juicy aril with a sweet and pleasant flavor that constitutes the edible part.</li></ol>
<b>Health benefits</b>	<p>Passion fruit has antioxidant and calming properties that promote health. It is a great source of vitamins and minerals.</p> <p>It has a high protein and carbohydrate content. Among its vitamins, its contribution of vitamin C stands out, which is present at 50% and is very beneficial for the body, especially in the case of pregnant women and children.</p>
<b>Duration / Perishability</b>	7 days 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>60kcal</b>
	<b>Quantity per 100g</b>
<b>Energy</b>	214 kJ
<b>Total Fat</b>	2,7 g
<b>Sodium</b>	11 mg
<b>Total carbohydrates</b>	11,4 g
Available carbohydrates	5,7 g
<b>Dietary Fiber</b>	5,8 g
<b>Proteins</b>	2,5 g
Calcium	17 mg
Phosphorus	128 mg
Iron	1,28 mg
Water	82,3 g
Ashes	1,1 g
Vitamin A	0 µg
Thiamine (B1)	0,11 mg
Riboflavin (B2)	0,13 mg
Niacin (B3)	2,24 mg
Vitamin C	9,88 mg

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