

# GRENADILLA



*The grenadilla is a tropical fruit from the passion fruit family, recognizable by its hard, smooth, orange-yellow shell. Its translucent pulp, filled with small crunchy seeds, has a sweet, floral, and slightly tart taste.*

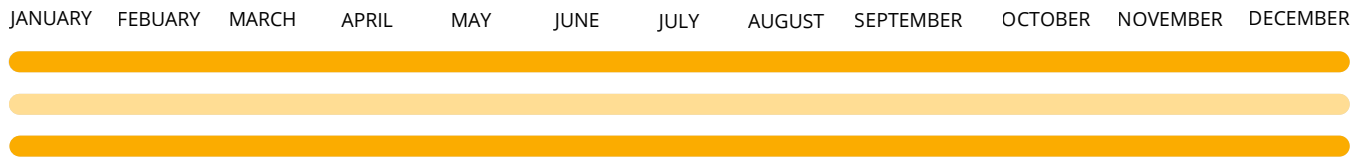
## AVAILABILITY AND PROVENANCE

### ✓ PROVENANCE

COLOMBIA

ECUADOR

PERU



## TARGET CUSTOMER: CARIBBEAN, HISPANIC & ASIAN

### TEMPÉRATURE OPTIMALE POUR LA CONSERVATION

7 - 10 °C

### PURCHASE GUIDE

Look for fruit with shiny, blemish-free skin that feels heavy for its size, indicating that it is juicy. In addition, slightly wrinkled or bumpy skin can be a sign of ripeness, and a pleasant, fragrant aroma is a good indicator of flavor.

### CONSUMPTION

To enjoy grenadilla, start by cutting the fruit in half. Then simply scoop out the gelatinous pulp and seeds with a spoon and savor the sweet and tangy flavor.

### NUTRITIONAL VALUE

Grenadilla is rich in vitamin C, fiber, and antioxidants. It contains about 75% water and also provides iron, potassium, and magnesium, promoting immunity and digestion.

