

NOPAL CACTUS LEAF



The nopal cactus leaf is one of the staple vegetables in Mexican cuisine. It is prized for its culinary qualities and its taste, which is reminiscent of green beans and asparagus. Its slightly gelatinous texture becomes tender when cooked. Rich in fiber and antioxidants, nopal is also known for its digestive and metabolic benefits, particularly in regulating blood sugar.

AVAILABILITY AND PROVENANCE

✓ PROVENANCE

JANUARY FEBRUARY MARCH APRIL MAY JUNE JULY AUGUST SEPTEMBER OCTOBER NOVEMBER DECEMBER

MEXICO

TARGET CUSTOMER: HISPANIC

OPTIMAL TEMPERATURE FOR CONSERVATION

7 to 10°C for 7 to 10 days in the refrigerator

PURCHASE GUIDE

Choose ones that are firm and free of spots, bruises, or dark spots. Look for young, tender leaves, as they are generally less tough and have a milder flavor, making them more suitable for cooking.

CONSUMPTION

To eat nopal cactus leaves, start by carefully removing the spines with a vegetable peeler. Then, cut the cleaned leaves into slices or pieces and add them to salads, stir-fries, or tacos.

NUTRITIONAL VALUE

Composed of nearly 90% water, nopal leaves are low in calories and rich in fiber, calcium, magnesium, vitamin C, and antioxidants. They aid digestion, help control blood sugar levels, and promote satiety.

