

PALTA HASS

Of origin in the inter-Andean valleys.
With a rough and brittle shell, when ripe it changes the color from green to dark purple, it is not fibrous but it is quite creamy, oil content that varies from 10 to 12%.
Of great nutritional value, it contains all the vitamins of the vegetable kingdom (A, B, C, D, E, K), minerals (potassium, manganese, magnesium, iron and phosphorus), and proteins.
It is used as fresh fruit, the pulp in guacamole, frozen as ice cream, input for beauty products, oils, etc.

De origen en el los valles interandinos.
Con cáscara rugosa y quebradiza, cuando madura cambia el color de verde a morado oscuro, no es fibrosa pero sí bastante cremosa, contenido de aceite que varía de 10 a 12 %.
De gran valor alimenticio, contiene todas las vitaminas del reino vegetal (A, B, C, D, E, K), minerales (potasio, manganeso, magnesio, hierro y fósforo), y proteínas.
Se utiliza como fruta fresca, la pulpa en guacamole, congelado como helados, insumo para productos de belleza, aceites, etc.

Data Sheet

Scientific name	Persea americana	Boxes per container
Family	Lauraceae	5280 und
Variety	Avocado Hass	
Color	Intense violet to intense green	Box weight
Average weight	500 - 800 gr	4 kg
Average length	12 - 14 cm	
Average width	9.5 - 11 cm	

Packing

Nutritional value

In one portion 100 g

Protein	1.7 g	N. Total coliforms	< 3 (MNP/g)
Humidity	75 g	N. Osmophiles molds	< 10,000 (UFC/g)
Oil	15.4 mg	N. Osmophiles yeasts	< 10,000 (UFC/g)
Fiber	1.6 g	Salmonella	Negative in 25 g
Calories	160		
Carbohydrates	5.9 g		

