







LFC Colombia is a company dedicated to the export and commercialization of fruits in different presentations, from the fresh product and the respective transformations to frozen, pulp, jam, and freeze-dried.

With a team of nutritionists and food engineers and agronomists we work daily to offer the highest quality and safety.

We are a socially responsible company with sports projects, with each fruit that is sold we support in the career of an amateur athlete.

We propose an environmentally sustainable and financially sustainable company in the long term.

Common Name: Granadilla
Scientific name: Passiflora ligularis.
Origin: America - Colombia
Family: Passiflora
Genus: Passionflower

The granadilla (Passiflora ligularis) is another one of those popular fruits of Colombia that delights us with its flavor and aroma, so it is very desirable for the preparation of juices, sweets, sauces, compotes etc. It has a high nutritional content so it its consumption is a great contribution to the body.

NUTRITIONAL DATA

Energy value 97 Kcal Fat 0.07g Carbs 23.38 g 2.20 g protein 10.4 g fiber Matches 68mg ViVitamin C 30 mg









Granadilla



Common Name: Pitahaya Origin: America - Colombia Scientific Name: Selenicereus megalanthus

The sweet taste and appearance of the Colombian pitahaya are considered a true delicacy! For many its small seeds are a perfect natural laxative to regulate digestion.

NUTRITIONAL DATA

Servings per container 1
Amount per proportion
Calories 50 Fat Calories 0
Total carbohydrates 13g4%
1g4% dietary fiber
10g sugars
1g protein



BOX FOR 2.5 KG







Common Name: Maracuya
Origin: America - Colombia
Family: Passiflora
Genus: Passionflower
Scientific name: Passiflora edulis var.
flavicarpa

The Maracuya has a slightly oval-shaped redoanda, hard yellowish-green skin, and belongs to the passionflower family, commonly called:: passion fruits '. The pulp is gelatinous, orange-yellow in color and contains small edible seeds. Its taste is acidic

NUTRITIONAL DATA

Amount per proportion
Calories 60 Calories from fat 0
% Daily value*
Sodium 6mg0%
Total carbohydrates 15g5%
0g0% dietary fiber
Sugars 14g
1g protein

BOX FOR 2.5 KG







Common Name: Gulupa Origin: America - Colombia Scientific Name: Selenicereus megalanthus

The Gulupa, also known as passion fruit, belongs to the passionflower family, as well as the Granadilla and the Passion Fruit. Hard skin has a color that ranges from green / purple to brown / reddish. The pulp is gelatinous of an intense orange color, slightly acidic and fresh flavor, which contains edible black seeds.

NUTRITIONAL DATA

Servings per container 9 Amount per proportion Calories 50 Fat Calories 0 Total carbohydrates 12g4% 15g60% dietary fiber

BOX FOR 2,5 KG







Common Name: Tomate de árbol Origin: America - Colombia Scientific name: Passiflora edulis var. flavicarpa

Solanum betaceum (tree tomato, Andean tomato, Nordic mango, serrano tomato, cassava tomato, also known by the name invented in English, tamarillo) is a 3 to 4 m tall shrub, with gray bark and perennial foliage, the First historical descriptions probably make it native to Peru, Bolivia and some places in northern Argentina, it is grown in Peru and Colombia, Ecuador, Bolivia, Argentina and Venezuela.

NUTRITIONAL DATA

antidad por porcion Calorías 60Calorías de grasa 0 % Valor diario* Sodio 6mg0% Carbohidratos totales 15g5% Fibra dietética 0g0% Azúcares 14g Proteína 1g







Common Name: Hass Avocado Scientific Name: Persea americana Origin: Guatemala

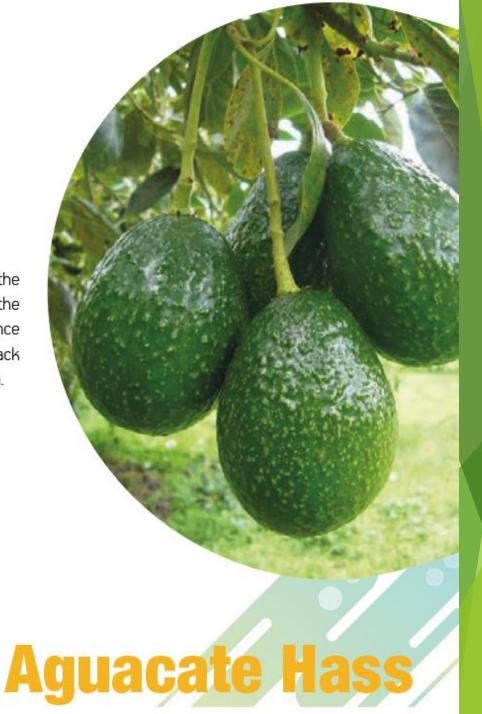
One of the main milestones of the industry of this variety during the last 20 years has been its dominance over the Fuerte variety in the main producing countries of quality persea. Hass' wide acceptance in almost all world markets has strengthened the demand for black and rough skin fruits in relation to those of green and rough skin.

NUTRITIONAL DATA

Calories 80
Total fat 8g 10%
Saturated Fats 1g 5%
1g Polyunsaturated Fats
5g monounsaturated fat
Sodium 0mg 0%
Carbs 4g 1%
Food fiber 3g 11%
1g protein

BOX FOR 4 KG







Scientific name: PHYSALIS 0 UCHUVA. Origin: South America Family: Solanaceae.

One of our most popular fruits; Cape gooseberry belongs to the Solanaceae family. This exotic and sweet and sour fruit is perfect in desserts, sauces and jams. AGROYARIGUIES offers fresh cape gooseberry, with or without shell.

NUTRITIONAL DATA

100g serving size
Servings per container 1
Amount per proportion
Calories 70 Calories from fat 0
% Daily value*
Og trans fat
Omg0% cholesterol
Sodium 10mg0%

BOX FOR 1,5 KG







Common Name: Higo Origin: America - Colombia

The Higo, also known as Tuna, or Higo Chumbo, is a fruit that comes from one of the many varieties of cactus that exist in Latin America, in Mediterranean countries and in other desert regions of the world. The fruit produced in Colombia is oval and the skin has some almost imperceptible spines. When it matures, the skin color changes from green to reddish-orange.

NUTRITIONAL DATA

Calories: 65 kcal Proteins: 1.2 g

Carbohydrates: 16 g

Fiber: 2.5 g

Cholesterol: 0 g

Potassium: 23 mg

BOX FOR 2.5 KG





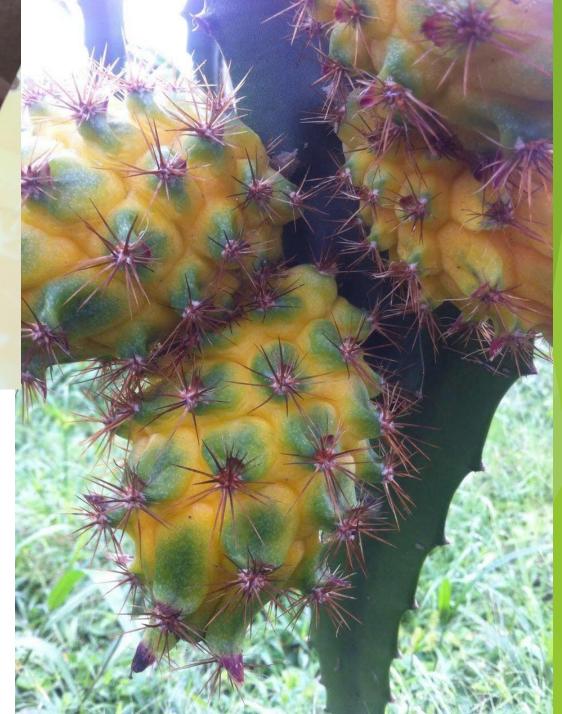














Phone:+57 3102426074
Jaime Barón
Chief Executive Officer
gerencia@lfccolombia.com
jbaron@lfccolombia.co