





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.

### GENERAL CHARACTERISTICS

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 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

### BOX FOR 2 KG



# Granadilla





### GENERAL CHARACTERISTICS

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



# Pitahaya



### GENERAL CHARACTERISTICS

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



# Maracuyá





### GENERAL CHARACTERISTICS

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



# Gulupa



### GENERAL CHARACTERISTICS

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

cantidad por porcion

Calorías 60Calorías de grasa 0

% Valor diario\*

Sodio 6mg0%

Carbohidratos totales 15g5%

Fibra dietética 0g0%

Azúcares 14g

Proteína 1g

### BOX FOR 2,5 KG



# Tomate de árbol





### GENERAL CHARACTERISTICS

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



# Aguacate Hass





### GENERAL CHARACTERISTICS

Scientific name: PHYSALIS O  
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\*

0g trans fat

0mg0% cholesterol

Sodium 10mg0%

### BOX FOR 1,5 KG



# Uchuva

### GENERAL CHARACTERISTICS

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



# Higo













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