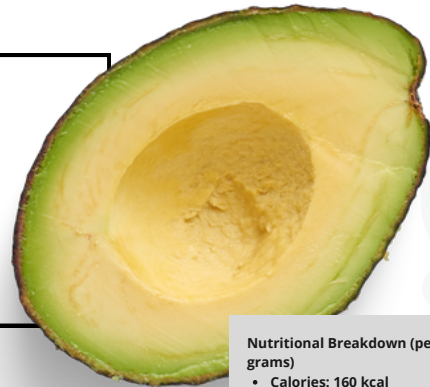


Specification Sheet - Avocado

Product Name: Avocado
Brand: Fruitsmore
Available Varieties: Hass, Fuerte
Available Sizes: Large (L), Medium (M), Small (S)



Variety Specifications

1. Hass
 - Appearance: Oval-shaped with a pebbly, dark green to black skin when ripe.
 - Taste: Rich, creamy, and buttery with a slightly nutty flavor.
 - Uses: Ideal for guacamole, spreads, salads, and smoothies.
2. Fuerte
 - Appearance: Pear-shaped with a smooth, medium green skin.
 - Taste: Smooth and creamy with a mild, slightly sweet flavor.
 - Uses: Perfect for slicing, salads, and sandwiches.

Size Specifications

- Large (L)
 - Weight: 200 grams and above
- Medium (M)
 - Weight: 150 - 199 grams
- Small (S)
 - Weight: 100 - 149 grams

Packaging and Storage

- Packaging:
 - Available in various packaging options including bulk cartons, retail-ready packs, and customized packaging upon request.
 - Standard bulk carton weight: 10 kg
 - Retail-ready packs: 1.5 kg or as per customer requirements
- Storage Conditions:
 - Ideal storage temperature: 6-8°C (43-46°F)
 - Relative Humidity: 85-95%
 - Shelf Life: Up to 14 days under optimal conditions

Compliance and Certifications

- Compliance: Meets all international export standards, including GlobalG.A.P and HACCP certifications.
- Certifications: Available upon request.

Nutritional Breakdown (per 100 grams)

- Calories: 160 kcal
- Carbohydrates: 8.5 g
 - Sugars: 0.7 g
 - Dietary Fiber: 6.7 g
- Protein: 2 g
- Fat: 14.7 g
 - Saturated Fat: 2.1 g
 - Monounsaturated Fat: 9.8 g
 - Polyunsaturated Fat: 1.8 g
- Vitamins:
 - Vitamin K: 21 µg
 - Vitamin E: 2.07 mg
 - Vitamin C: 10 mg
 - Vitamin B6: 0.257 mg
- Minerals:
 - Potassium: 485 mg
 - Magnesium: 29 mg
 - Calcium: 12 mg
 - Iron: 0.55 mg