



REICH SCROFA PRODUCE

GLOBALG.A.P.
The Global Standard for Good Agricultural Practice



PRODUCT SPECIFICATION SHEET

AVOCADO HASS

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PRODUCT: AVOCADO	VARIETY: HASS/ORGANIC	SCIENTIFIC NAME: PERSEA AMERICANA
FAMILY: LAURACEA	ORIGIN: MICHOCAN, MEXICO	PACKAGING CARDBOARD BOX



DESCRIPTION

Avocado has a rough and thick skin, green to black when ripe. It has a creamy consistency, very rich in fatty acids, proteins, vitamins, vitamins and minerals. The weight of the fruit ranges from 120 gr. to 400 gr.

PRODUCT SPECIFICATION	
CHARACTERISTIC	SPECIFICATION
WEIGHT PER CASE:	4kg / 6kg / 11.3 kg
CALIBERS:	<ul style="list-style-type: none">12', 14', 16, 18', 20', 22', 24' y 26' (UE)32', 36', 40', 48', 60', 70' y 84' (USA)
PIECES PER CASE:	Variable according to caliber.
PACKAGING:	<ul style="list-style-type: none">20 to 22 pallets per container.864 Kg per pallet approximately.216 boxes of 4 kg per pallet.144 boxes of 6 kg per pallet.80 boxes of 11.3 kg per pallet.
TRANSPORT:	40' refrigerated container (Total weight approx. 17,280 kg)
MANAGEMENT:	Temperature of 3° to 7° Celsius or 38° to 42° Fahrenheit.
SHELF LIFE:	15 to 20 days (under controlled conditions).



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Carretera Federal México
Texcoco KM 23.5, Int. 2,
La Magdalena Atlipac, Los Reyes
Acaquilpan, Méx. 56400
+52 33 2646 0139



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BENEFITS

Avocado is considered one of the most complete fruits and vegetables, its nutritional value resides in the high amount of minerals and vitamins, making it a great superfood for its nutritional value, which makes it an essential superfood in a healthy and balanced diet.

High content of ascorbic acid, copper, iron, phosphorus, magnesium and potassium, all of them vital elements for the growth and maintenance of health.

Source of:

Vitamin A, which protects the skin and eyesight.

Vitamin B1, B2 and B5, associated with the proper functioning of the nervous system.

Vitamin C, which strengthens the body's defenses.

Vitamin E, of great antioxidant action and allied against the symptoms of aging, prevention of cancer and cardiovascular diseases.

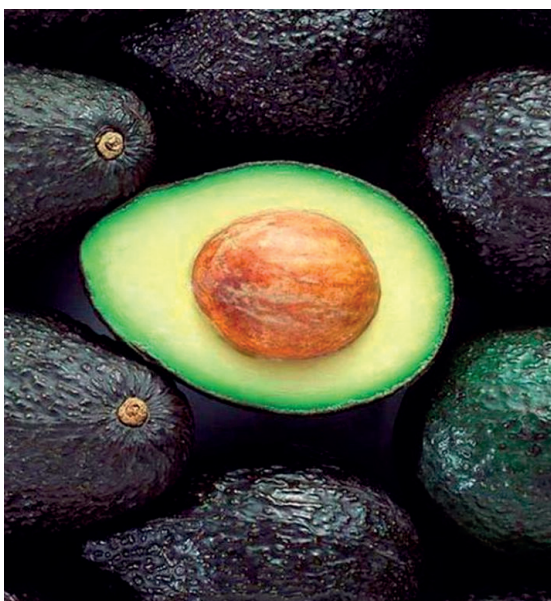
COMMON USES

The avocado is mainly used as a complement to all kinds of meals.

It is also consumed eaten as frozen pulp, pasta and guacamole.

Avocado is a very versatile fruit that is used in a variety of ways, from refreshing juices and colorful canapés to spicy sauces, healthy salads and hot sauces.

The seed is also used for the production of biodegradable products and snacks.



NUTRIENTS	UNITS	VALUE
MACRONUTRIENTS		
Energy	Kcal	142.00
Calories	Cal	131.00
Water	grams	79.20
Protein	grams	1.70
Fat	grams	12.50
Carbohydrates	grams	5.60
Fiber	grams	5.80
Ash	grams	1.00
MICRONUTRIENTS		
Calcium	mg	30.0
Phosphorus	mg	67.0
Iron	mg	0.60
Vitamin A	micrograms	7.00
Retinol	micrograms	0.05
Vitamin B1 (Thiamin)	micrograms	0.03
Vitamin B2 (Riboflavin)	micrograms	0.10
Vitamin B5 (Niacin)	micrograms	1.82
Vitamin C (Ascoric Acid)	micrograms	6.80



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