

DATA SHEET

YELLOW DRAGON FRUIT – PALORA VARIETY

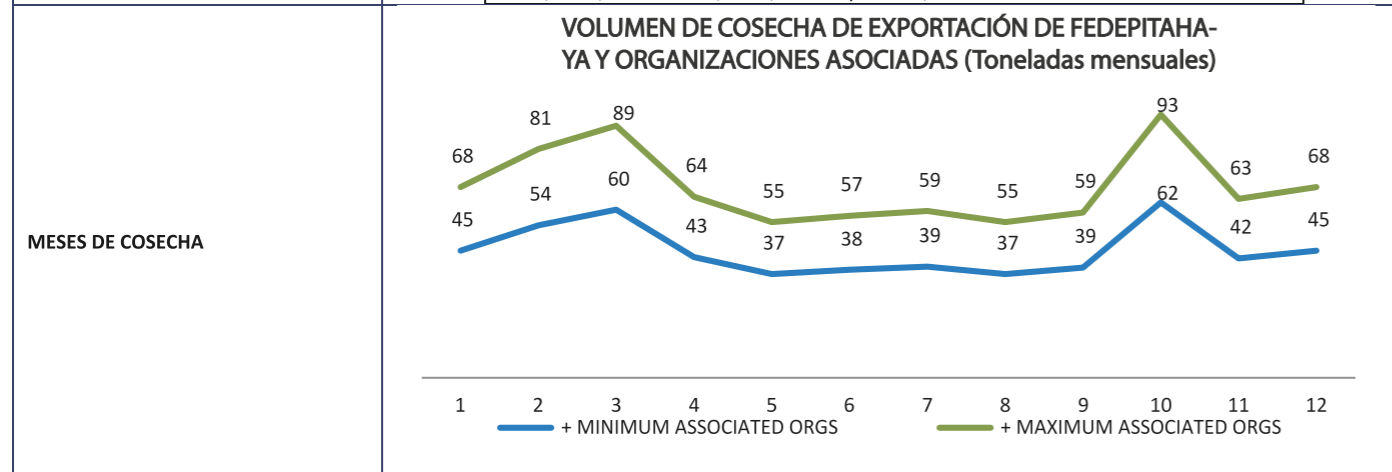
BENEFITS, USES AND DERIVATIVES OF YELLOW DRAGON FRUIT.- "The pitahaya fruit has vitamin C, fiber, carbohydrates and water by 80%. It is considered a functional and nutraceutical food, the best known benefit being its antioxidant capacity, because its seeds have a high content of natural fatty acids, especially linoleic acid, and the oil from its seeds has a laxative effect. Relieves stomach problems, improves the functioning of the digestive tract, helps lower blood cholesterol (Sotomayor et al., 2019). Regulates blood sugar levels, prevents iron deficiency anemia, reduces high blood pressure, reduces the risk of suffering a heart attack or stroke, is ideal for weight loss diets, relieves symptoms of colds and flu, helps in the formation of red blood cells, white blood cells, platelets, bone formation and maintenance, it has diuretic properties, it has cardiovascular properties and reduces uric acid levels (Castillo-Martínez et al., 2005; Perea et al., 2010; Huachi et al., 2015). The fruit can be consumed fresh and processed, it is used in the preparation of ice cream, yogurt, jam, gelatin, jellies, cocktails, energy drinks, etc. (Castillo-Martínez et al., 2005; Perea et al., 2010; Huachi et al., 2015; Sotomayor et al., 2019)."

CALIBRES	RANGO DE PESO DE LA FRUTA (Gr)
4	550 – 700 gr
5	450 – 550 gr
6	385 – 450 gr
7	330 – 385 gr
8	295 – 330 gr
9	261 – 295 gr
10	240 – 260 gr
11	215 – 240 gr
12	201 – 215 gr
13	180 – 205 gr

DESCRIPCIÓN DE LA COMPOSICIÓN FÍSICA Y QUÍMICA DE LA PITAHAYA.

PARÁMETROS	UNIDAD	RESULTADO
Humedad	%	84.80
Carbohidratos	%	13.38
Fibra cruda	%	0.77
Proteína	%	0.67
Extracto etéreo	%	0.43
Cenizas	%	0.40
Peso de la fruta	G	394.66
Firmeza de la pulpa (Newton)	N	6.20
Rendimiento pulpa	%	66.60
Rendimiento de cáscara	%	33.40
Sólidos solubles	%	20.74
Acidez titulable	% ácido cítrico	0.14
pH	Adimensional	4.86
Azúcares totales	%	11.00
Azúcares reductores	%	9.75
Ácido ascórbico	mg/100 g	4.00
Vitamina B1 (Tiamina)	mg/ g	0.28 - 0.43
Vitamina B2 (Riboflavina)	mg/ g	0.043 - 0.045
Vitamina B3 (Niacina)	mg/ g	0.20
Fenoles totales (mg de ácido gálico)	mgEAG/ g	7.80
Calorías	Cal/ 100 g	38.76
Calcio	mg/100 g	10.00
Fósforo	mg/ g	16.00
Hierro	mg/ g	0.30

Nota: Tomado de Cañar, Caetano y Bonilla, 2014; Campos et al., 2011; Daza, Murillo y Pardo, 2015; Huachi et al., 2015; Sotomayor et al., 2019.



SPECIFICATION	DESCRIPTION
PRODUCT	Yellow dragon fruit.
VARIETY (ecotype)	Palora
SCIENTIFIC NAME	Selenicereus megalantous.
TAXONOMIC CLASSIFICATION	Family: Cactaceae Scientific name: Selenicereus megalantous Synonyms: Hylocereus megalantous
FRUIT CHARACTERISTICS	Yellow color on the outer shell, with white pulp and black and/or brown seeds.
ORIGIN	Canton Palora, province of Morona Santiago, Amazon region of Ecuador. Yellow dragon fruit is grown at elevations from 800 to 1,300 meters above sea level, the temperature varies between 18°C - 28°C, with rainfall between 1,300 and 2,000 mm/ anus.
BRIEF DESCRIPTION OF THE PROCESS	Reception, temporary storage, classification by maturity and health, cleaning of the fruit, classification by size, packaging, metal detection, shipment
ADDITIVES OR PRESERVATIVES	It does not have
LIGHT HOURS	Does not apply
TRADE MARK	  (West Palora Fruits) & our clients' brands.
PRESENTATION OF THE PRODUCT	Fresh fruit packed in polyon mesh and 2.5 Kg boxes.
PACKAGING CHARACTERISTICS	Primary packaging: high-density export cardboard for a load of 2.5 kg.
STORAGE CONDITIONS	Keep at < 18°C
SHELF LIFE OF HARVESTED FRUIT	30 - 45 days
INSTRUCTIONS OF HANDLING AND USE	<ul style="list-style-type: none"> • Maintain cleaning and disinfection protocols in the areas where the fruit will be stored. • Treat the fruit with care, avoid bumps. • Keep in a clean and dry place. • Storage under refrigeration. • Expose to the public at room temperature and/or refrigerated.
TRANSPORT CONDITIONS	Preferably transport in a refrigerated vehicle to avoid temperature changes, until final distribution, exhibition and sale to the final consumer.
MATURITY LEVELS	