



ECDANDINO S.A.C.®

LUCUMA



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| SPECIES | : <i>Pouteria lucuma</i> (R. & P.) Kuntze |
| FAMILY | : Sapotacea |
| COMMON NAME | : Lucuma |
| BOTANICAL DESCRIPTION | <p>: It is a tree that reaches 15 to 20 meters in height. Its leaves are dark-green, alternately arranged, and spear-shaped with wavy edges, up to 20cm long and 10cm wide.</p> <p>Its fruit is the size and shape of an orange. There are two main varieties: one called “silk”, because of its thin and easily peeled skin, the other named “palo”, which has a hard skin, being used more for making flour. The fruit size varies from 6 to 8cm. with a greenish yellow skin and an intense yellow pulp. It has a very pleasant taste and odor. Each fruit has two quite large dark brown seeds, which occupy over one third of the fruit.</p> |
| ORIGIN | : From low Andean valleys of Peru and Ecuador; it is a tree that has been cultivated since Inca times. Some varieties have been successfully adapted to high Amazonian valleys, such as Oxapampa, at nearly 2,000 meters above sea level. |
| PART USED | : The fruit. |



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USES

: Fresh as a fruit and for the elaboration of pulp and powder to produce ice cream, yogurt, milk shakes, cocktails, cakes and desserts. It is recommended to use from 50g to 100g of lucuma powder for each kilo of product to be elaborated.

RECOMMENDED USE

: As an excellent nutritional food and as an ingredient for bakery and dairy industries. It has an important mineral and vitamin content.

NUTRITIONAL COMPONENTS :

NUTRITIONAL VALUES

| Components | Unit | Fresh pulp | Powder |
|-----------------|------|------------|--------|
| - Water | g | 72.3 | 9.3 |
| - Calories | Cal | 99.0 | 329.0 |
| - Proteins | g | 1.5 | 1.4 |
| - Fiber | g | 1.3 | 2.3 |
| - Lipids | g | 0.5 | 2.4 |
| - Ash | g | 0.7 | 2.3 |
| - Calcium | mg | 16.0 | 92.0 |
| - Phosphorus | mg | 26.0 | 186.0 |
| - Carotene | mg | 2.3 | 0.0 |
| - Thiamine | mg | 0.01 | 0.2 |
| - Niacin | mg | 1.96 | 0.0 |
| - Ascorbic Acid | mg | 2.2 | 11.0 |
| - Riboflavin | mg | 0.14 | 0.3 |

In addition Lucuma has various types of sugar: in 100g of dry pulp you find 8.4g of glucose, fructose 4.7g, sucrose 1.7g and inositol 0.06g.

PRESENTATION

: Lucuma powder in two-kilo dark bags, and frozen pulp by request.

PRECAUTIONS

: Keep the bag closed after use, in cool, dark, dry place.

SHELF LIFE

: 18 months in its original bag in cool, dry place.