



EDDOE - TARO (CHINESE POTATO)

Also known as Amazonian Tuber. In cooking, it is used as a substitute for the potato. It is using for making flour, tortillas, desserts, fried foods, soups and creams. Its preparation will depend on tastes and preferences. Among its benefits, it helps people with anemia by promoting blood circulation. Furthermore, it is a high source of potassium that regulates cardiac conditions and blood pressure.

NUTRITIONAL INFORMATION PER 100G

Energy	101	Iodine (ug)	-
Protein	2.20	Vitamin A (mg)	0
Total fat (g)	0.20	Vitamin C (mg)	7
Cholesterol (mg)		Vitamin D (ug)	-
Carbohydrates	20.30	Vitamin E (mg)	0
Fiber (and)	0.50	Vitamin B12 (ug)	-
Calcium (mg)	35	Folate (ug)	0
Iron (mg)	1.20		

TECHNICAL DATA

EDDOES	EXPORT DATA
Scientific name	Colocasia Esculenta
Product Type	Agricultural
Growing season	All year
Product Presentation	Boxes
Required Temperature	7.8 ° C
Ventilation Required	25 CBM
Quantity per Package	35 pounds
Quantity per Container	1540
Pallets per Container	20 pallets
Boxes per Pallet	77
Type of Transportation	Maritime

DESCRIPTION	WEIGHT IN GRAMS	LENGTH IN MILLIMETERS	WIDER DIAMETER IN MILLIMETERS
Eddo Premium	279 g	1320 mm	2150 mm
Eddo Large	153,20 g	1785 mm	1950 mm
Eddo Medium	120 g	745 mm	1435 mm

Production - January to December

