



GINGER

Ginger is a plant native to the tropical areas of Southeast Asia.

NUTRITIONAL INFORMATION PER 100G

COMPONENTES	CONTENT 100 GR EDIBLE PART	VALUES (BASED ON A 2000 CALORIE DIET)
Calories	47	
Carbohydrates	9 mg	300 g
Phosphorus	66 mg	125 mg
Iron	1.8 mg	18 mg
Niacin	0.7 mg	20 mg
Ashes		
Fiber	0.90 mg	25 g
Total fat	1.60 mg	66 g
Ascorbic acid	2 mg	60 mg
Calcium	44 mg	162 mg
Riboflavin	0.06 mg	1.7 mg
Thiamine	0.02 mg	

Production - January to December

TECHNICAL DATA

Product name	Ginger	
Scientific name	Zingiber officinale	
Tariff item	0910100000	
Shipping Capacity	24 pallets/weekly	
N° of pallets per shipment	Depending on the space reserved on the ship.	
Pallets, dimensions Length:	1.20 m / Width: 1.00 m / Hight: 0.15 m	
Presentation	In 30 lb. corrugated cartons. Or 13.8 kg.	
Caliber	Weight (g)	Caliber
	> 208	First
	159 a 207	Second
	108 a 158	Thrid

