



AgroExport

PRODUCT CATALOG





About us

Agroexportaciones del Sur S.R.L.- Agroexport S.R.L., a company created more than a decade, dedicated to the production and marketing of various agricultural products, especially grains and seeds such as sesame, chía, beans, quinoa, amaranth and others.

Besides, the company produces other derivatives such as: unhulled sesame, toasted sesame, sesame nougat, sesame oil and chia oil.

It is recognized and valued worldwide for the quality of its products and production quality systems it provides a response supply of raw materials of the highest quality coming from producers who practice sustainable agriculture through continuous development of human resources and ending on customer satisfaction.

We have a team with over 20 years of experience in the production of seeds and related to the field.

The design of high-quality production systems has led us to develop a production of conventional and organic grains very successfully.

Our production is certified according international standards for quality management systems ISO 9001, GS1 traceability, organic standards for USA, Europe and Bolivian market; and Kosher standard.

Agroexport S.R.L. it has become a highly competitive company with the ability and experience to deal with high volumes of high quality production and marketing thereof.



PRODUCT RANGE



Sesame seeds



Quinoa



Sesame nougat



Inca Peanut



Chia seeds



Beans



Flours



Peanut



Amaranth



Oils



Almonds



Api



SEEDS

ESCOBA BLANCA SESAME SEEDS (CONVENTIONAL AND ORGANIC)

NUTRIENTS

Ingredients	Per 100 g
Energy Kcal	607
Carbohydrates g	9.315
Total ash g	4.914
Proteins g	16.42
Moisture g	5.887
Fat g	56.04
Fiber g	7.424
Calcium (Ca) mg/kg	4321
Iron (Fe) mg/kg	77.15
Phosphorus (P) mg/kg	6372

PACKING

0.2 Kg Stand up pouch*

10, 25, 30 and 50 Kg polipropilene bags or kraft paper bags.*

*According to customer's request.



BENEFITS

- Sesame seeds have a high percentage of iron, calcium and unsaturated acids, so they help regulate cholesterol in the blood.
- For the content of calcium is recommended for people with anemia, people intolerant to lactose, during pregnancy and lactation.
- Help strengthen bone mass and prevent osteoporosis.
- Favor the oxygenation of the brain and, in turn, the fluidization of the blood, also act to prevent arteriosclerosis.
- Improves intestinal function to optimize their protein value, it is advisable to combine them with cereals or legumes rich in essential amino acids.
- Due of high contain of vitamin E, sesame seeds help to strengthen heart and nervous system.

USAGE

- For pastry and confectionery. You can put sesame on bread and muffins.
- Is used for cooking vegetable and meat dishes.
- Americans and japanese use the milled seeds as a spice for marinating fish.
- For oils, preparation of margarines.
- For preparation of soft drinks.
- For medicinal applications.

ESCOBA BLANCA SESAME SEEDS (CONVENTIONAL AND ORGANIC)

VEGETABLE PROTEIN

OMEGA 6-9

ANTIOXIDANTS

MINERALS (K, Ca, Mg, Na, Fe, P)

VITAMINS (E, B1, B2, B6)



MAURY (black single husk) AND TORDO SESAME SEEDS (black double husk) (CONVENTIONAL AND ORGANIC)

NUTRIENTS

Ingredients	Per 100 g
Energy Kcal	541
Carbohydrates g	12.91
Total ash g	4.575
Proteins g	19.09
Moisture g	6.062
Fat g	45.88
Fiber g	11.48
Calcium (Ca) mg/kg	4014
Iron (Fe) mg/kg	80.78
Phosphorus (P) mg/kg	5403

PACKING

0.2 Kg Stand up pouch*

10, 25, 30 and 50 Kg polipropylene bags or kraft paper bags. *

*According to customer's request.



BENEFITS

- Sesame seeds have a high percentage of calcium and manganese keeps cartilages, bones and teeth healthy.
- High fiber content improves digestion and creates a favorable environment for natural intestinal flora.
- Black sesame contains plenty of protein and important amino acids that are good for the process of growth and regeneration of the body.
- Regular consumption of black sesame seeds helps improving the concentration of attention and mental abilities.
- Studies have shown that black sesame improves the oxygen saturation of the brain and slows down the aging process of nerve cells and prevents the development of Alzheimers disease.

USAGE

- Sesame seeds have a delicate nutty flavor, their flavor indeed becomes more pronounced once seeds are gently roasted under low flame heat for a few minutes.
- Sesame seeds are used liberally in cooking. The seeds ground with olive or another vegetable oils to prepare semi-solid, flavour paste are then added to different cuisine.
- For pastry and confectionery. Dry fried seeds are sprinkled over toast, biscuits, breads, cakes, salads, stir fries.
- Is used for cooking vegetable and meat dishes. Roasted and crushed seeds are often added in salads, desserts, particulary sundaes and other cream based

preparations.

- Gomashio is a Japans speciality, which uses ground sesame seeds.
- For oils, preparation of margarines. Dry roasted sesame seeds are ground into a thin light brown color paste known as Tahini. Tahini is one of the main ingredients in famous middle-eastern dish, hummus. Sesame oil obtained from the seeds is one of the most popular cooking oil in Malaysia, Indonesia and southern states of rural India.

TORDO AND MAURY SESAME SEEDS (ORGANIC AND CONVENTIONAL)

VEGETABLE PROTEIN

ANTIOXIDANTS

GLUTEN FREE

HIGH IN FIBER

MINERALS (CA, MG, ZN, FE, P, CU)

VITAMINS (E, B1, B2, B6)



White and Black Chia Seeds (CONVENTIONAL AND ORGANIC)

NUTRIENTS

Ingredients	Per 100 g
Energy Kcal	430
Carbohydrates g	15.41
Total ash g	4.48
Proteins g	22.63
Moisture g	7.26
Fat g	30.9
Fiber g	19.32
Calcium (Ca) mg/kg	59
Iron (Fe) mg/kg	10.47
Phosphorus (P) mg/kg	6979

PACKING

0.2 Kg Stand up pouch*

10 y 25 Kg polipropilene bags or kraft paper bags. *

*According to customer's request.



BENEFITS

- Chia seeds provides a high energy percentage, increasing strength and endurance.
- Regulate blood sugar levels because it slows the process of transforming carbohydrates into simple sugars.
- Help to lose weight since its consumption produces satiated sensation during hours. They reduce food cravings by preventing some of the food that you eat from getting absorbed into your systems. This blockage of calorie absorption makes them a great diet helper.
- Help to intestinal regulation due to its high soluble fiber content.
- They are beneficial in anti-inflammatory treatments and cardiovascular diseases because of their high omega 3 content. Omega 3 helps control cholesterol levels as well as blood pressure.
- Hydration for athletes, chia gel can hydrate the body.
- Slow down how fast our bodies convert carbohydrates into simple sugars, studies indicate they can control blood sugar. This leads scientists to believe chia seeds may have great benefits for diabetics.

USAGE

FOR HEALTH AND BEAUTY

- Can be used like natural peeling if you mix it with coconut oil and lemon juice.
- Gel from chia seeds and lemon juice will help to keep

the natural moisture of hair and protect from dry air.

- Chia seeds and chia oil with natural yogurt rejuvenates the skin and moisturizes it.
- Chia oil applying around the eyes every night help to restore your skin and reduces the formation of wrinkles.
- Gel from chia has antiinflammatory action and can be used for treating wounds and burns.

CULINARY USE

- Chia can be used in several ways. You can sprinkle whole or ground chia over yogurt, fruit, smoothies, milkshakes or any dishes: salads, muesli or side dish.
- Gel formed during mixing chia seeds and water is a natural substitute of eggs and can be used in confectionary industry.
- Toasted seeds can be added to bread, cookies, muffins, etc.
- After training the athletes can drink the energy drink gel which they can get from mixing coconut milk and chia seeds.
- Chia seeds germinate well and their plantlets are used in salads and vegetables dishes.
- The gluten free flour from chia seeds can be used in bakery industry.

CHIA SEEDS

(ORGANIC AND CONVENTIONAL)

PLANT PROTEIN

FIBER

OMEGA 3-6-9

ANTIOXIDANTS

MINERALS (Ca, Mg, P, Fe, Zn, Cu)

VITAMINS (A, E, B1, B3)



AMARANTH

NUTRIENTS

Ingredients	Per 100 g
Energy Kcal	363
Carbohydrates g	65.09
Total ash g	2.62
Proteins g	13.24
Moisture g	10.78
Fat g	5.57
Fiber g	2.70
Iron (Fe) mg/kg	7.65
Phosphorus (P) mg/kg	4287

PACKING

0.2 Kg Stand up pouch*

10, 25, 30 and 50 Kg polipropilene bags or kraft paper bags. *

*According to customer's request.



BENEFITS

- Amaranth is made up of 13-14% protein and it easily contains 30% more protein than other grains, contains important amino acid lysine, which is not found in many grains and is vital for building muscle protein and helping the body run.
- Contains more fiber than any other gluten free grain.
- This grain may lower LDL bad cholesterol levels. Is one of the few grains that contains phytosterols, nutrients that play a major role in prevention of many kinds of diseases.
- Reduces inflammations; the presence of bioactive peptides in amaranth, which are compounds that protect against inflammation, associated with chronic conditions like diabetes and heart diseases.
- Is a rich Source of vitamins and minerals to keep your immune system strong and support your body functions.
- Is easy to digest, cooked amaranth is 90 % digestible; making it easy on digestive tract and also enabling your body to effectively use rich source of vitamins, minerals and other nutrients.

USAGE

- A simple way to prepare amaranth is to boil it for about 15-20 minutes and add it to your morning cereal or toss it in salad similar to how you might eat quinoa.
- You can also grind it into amaranth flour to use in baked goods, potentially toasting it to bring out more

of it nutty flavor before you grind it.

- A fun way to eat amaranth is to pop it and season it like popcorn.
- Whole seeds, cooked amaranth also goes well in soups, granolas and breads.

AMARANTH

VEGETABLE PROTEIN

GLUTEN FREE

MINERALS (K, Ca, Mg, Fe, Zn)

VITAMIN (B1, B2, B6)



QUINOA

NUTRIENTS

Ingredients	Per 100 g
Energy Kcal	366
Carbohydrates g	65.50
Total ash g	2.10
Proteins g	13.36
Moisture g	11.71
Fat g	5.62
Fiber g	1.71
Calcium (Ca) mg/kg	120
Iron (Fe) mg/kg	3.70
Phosphorus (P) mg/kg	3941

PACKING

0.2 Kg Stand up pouch*

10, 25, 30 and 50 Kg polipropilene bags or kraft paper bags. *

*According to customer's request.



BENEFITS

- Quinoa is especially beneficial in the diet of celiac people, since it does not contain gluten.
- Due to its high fiber content and its higher protein content compared to cereals, quinoa has a low glycemic index, which makes it ideal for people with diabetes or who want to lose weight while eating healthy.
- Controls blood cholesterol levels, since its fiber and unsaturated lipids favor the lipid profile in the body.
- It contributes to revert constipation due to its high content of insoluble fiber, and it can be very useful in the diet of vegetarians, it has a high proportion of proteins and it is also a good source of iron of vegetable origin.
- For athletes it can be a very valuable food, similar to oats, given the presence of good minerals, complex carbohydrates and proteins.

USAGE

- A simple way to prepare quinoa is to boil it for about 15-20 minutes and add it to your morning cereal or toss it in salad.
- You can also grind it into quinoa flour to use in baked goods, toasting it, for desserts, cookies, cakes and all you want.
- A fun way to eat quinoa is to pop it and season it like popcorn.
- Whole seeds, cooked quinoa also goes well in soups, salads, stews, granolas and breads.

- You can also prepare some drinks, refreshments.
- Quinoa seeds contains saponine which is used in a medicinal way, to reconstruct damaged tissues, abscesses, hemorrhages, dislocations, wounds, cuts and burns. Saponina is used for cosmetics, too.

QUINOA

VEGETABLE PROTEIN

FIBER

INSATURATED lipids

MINERALS (K, Ca, Mg, Fe, Zn, P)

VITAMIN (B1, B2, B6, E)



BEANS

NUTRIENTS

Ingredients	Per 100 g
Energy Kcal	424
Carbohydrates g	15.20
Proteins g	7.09
Moisture g	12.8
Fat g	1.2
Fiber g	8
Calcium (Ca) mg/kg	380
Potassium mg/kg	3820
Zinc (Zn) mg/kg	10.78
Phosphorus (P) mg/kg	1700

PACKING

0.2 Kg Stand up pouch*

10, 25, 30 and 50 Kg polipropilene bags or kraft paper bags. *

*According to customer's request.



BENEFITS

- They are excellent sources of protein, there is hardly anyone who can say after eating a bean dish yet to be hungry.
- They contain large amounts of the mineral calcium, magnesium and iron; specially in the form of leghaemoglobin, as well as vitamin B2, B6, C, E provitamin A (betacarotene) and acid folic.
- The beans promote excretion, leading to a lowering of the cholesterol level.
- The consumption of beans provides further stability of blood sugar levels thanks to complex carbohydrates that are not digested all at once but in stages. Thus, the blood sugar level is kept stable, which is a big advantage, specially for diabetics.
- Beans also contain lignans or isoflavones, which have antioxidatives.

USAGE

- Beans are used in soups, salads and stews.
- It is available mostly canned or dried.

TYPES OF BEANS

- Carioca beans
- Black beans
- Mung beans
- Azuki beans
- White beans
- Red beans

BEANS

VEGETABLE PROTEIN

MINERALS (K, CA, MG, NA, FE, P)

VITAMINS (E, B1, B2, B6)







OILS

TOASTED SESAME oil AND EXTRA VIRGIN SESAME oil

NUTRIENTS

Ingredients	Per 100 g
Energy Kcal	987.8
Total fat g	98
Saturated fatty acids	13.5
Monounsaturated fatty acids (oleic acid, omega 9) g	42.47
Alpha linolenic acid (3-polyunsaturated, omega 3) g	20
Linoleic acid (2- polyunsaturated, omega 6) g	41.9
Protein g	0
Vitamin E mg/kg	715

BENEFITS

- Vitamin E contained in sesame oil acts as excellent antioxidant thus it is useful as natural sunscreen lotion.
- Another excellent Benefit of sesame oil for skin is that it slows skin aging. The oil has an antioxidant called sesamol which effectively prevents the appearances of wrinkles and fine lines.
- It is totally safe to apply sesame oil to inflamed or wounded skin. As a matter of fact, the oil can help to prevent bacterial infections has it has anti-inflammatory Properties.
- The high content of both zinc and calcium in sesame seeds ia a powerful tool to help combat osteoporosis.

USAGE

- Sesame oil naturally has yellow color, nutty flavor and contains plenty of nutrients. Adding sesame oil to your meal plan may also provide you with some heart health benefits.
- Sesame oils is high in monounsaturated and polyunsaturated fats helps cholesterol levels, lowers your risk of heart diseases and reduces your risk for type 2 diabetes.
- Consuming sesame oil on a regular basis has recently been linked with lowering blood pressure.
- Due to vitamin E is useful as natural susnscreen lotion.

PACKING

0.2, 0.5, 1 L bottles*

5, 10, 50 y 100 L gallons. *

*According to customer's request.





CHIA SEEDS oil

NUTRIENTS

Ingredients	Per 100 g
Energy Kcal	989.4
Proteins g	0
Total fat g	97
Saturated fatty acids g	12.93
Monounsaturated fatty acids (oleic acid, omega 9) g	9.46
Alpha linolenic acid (3-polyunsaturated, omega 3) g	48.99
Linoleic acid (2- polyunsaturated, omega 6) g	28.62
Vitamin A µg/g	2
Vitamin C mg/kg	5
Vitamin E mg/kg	675

PACKING

0.2, 0.5, 1 L bottles*

5, 10, 50 y 100 L gallons. *

*According to customer's request



BENEFITS

- The oil is transparent and colorless, it has no or small light and pleasant nutty odor.
- Is rich in vitamins and minerals.
- Main component of the oil are Alpha-linolenic and linolenic acid with a share of around 60 and 20%.
- Has Omega 3-6, both are among the essential unsaturated fatty acids that the human body cannot manufacture itself.

USAGE

- To take full advantage of the positive effects of the ingredient of chia oil, it is enough to take a tablespoon of chia oil every day.
- It can be used in cooking both as cold and hot just a rapessed oil and enhances the natural flavor of food which it is added.
- Also ideal as an extra vitamin boost in the smoothie, salad or cereal.







OTHER PRODUCTS

UnHulled SESAME SEEDS

NUTRIENTS

Ingredients	Per 100 g
Energy Kcal	607
Carbohydrates g	5.39
Total ash g	2.84
Proteins g	17.25
Moisture g	4.73
Fat g	57.43
Fiber g	12.36
Calcium (Ca) mg/kg	4034
Iron (Fe) mg/kg	78.79
Phosphorus (P) mg/kg	6491

PACKING

0.2 Kg Stand up pouch*

10, 25, 30 and 50 Kg polipropilene bags or kraft paper bags. *

*According to customer's request.



USAGE

- For pastry and confectionery. You can put sesame on bread and muffins
- Is used for cooking vegetable and meat dishes.





White TOASTED SESAME

NUTRIENTS

Ingredients	Per 100 g
Energy Kcal	637
Carbohydrates g	12.27
Total ash g	4.14
Proteins g	20.47
Moisture g	2.24
Fat g	56.18
Fiber g	4.70
Calcium (Ca) mg/kg	4014
Iron (Fe) mg/kg	33.71
Phosphorus (P) mg/kg	5850

USAGE

- For pastry and confectionery. You can put sesame on bread and muffins.
- Is used for cooking vegetable and meat dishes.
- For oils, preparation of margarines.

PACKING

0.2 Kg Stand up pouch*
10, 25, 30 and 50 Kg polipropilene bags or kraft paper bags. *

*According to customer's request.



Black TOASTED SESAME

NUTRIENTS

Ingredients	Per 100 g
Energy Kcal	623
Carbohydrates g	17.99
Total ash g	5.15
Proteins g	16.96
Moisture g	2.74
Fat g	53.66
Fiber g	3.50
Calcium (Ca) mg/kg	4014
Iron (Fe) mg/kg	43.88
Phosphorus (P) mg/kg	5953

PACKING

0.2 Kg Stand up pouch*

10, 25, 30 and 50 Kg polipropilene bags or kraft paper bags. *

*According to customer's request.



USAGE

- For pastry and confectionery. You can put sesame on bread and muffins
- Is used for cooking vegetable and meat dishes.
- For oils, preparation of margarines.





White SESAME NOUGAT

USAGE

- Snack for direct consumption.

NUTRIENTS

Ingredients	Per 100 g
Energy Kcal	558
Carbohydrates g	36.01
Total ash g	2.91
Proteins g	15.57
Moisture g	3.61
Fat g	39.08
Fiber g	2.82
Calcium (Ca) mg/kg	4321
Iron (Fe) mg/kg	8.14
Phosphorus (P) mg/kg	7051

PACKING

0.2 Kg Stand up pouch*

10, 25, 30 and 50 Kg polipropilene bags or kraft paper bags. *

*According to customer's request.



Black SESAME NOUGAT

NUTRIENTS

Ingredients	Per 100 g
Energy Kcal	524
Carbohydrates g	39.12
Total ash g	3.42
Proteins g	12.45
Moisture g	4.21
Fat g	35.28
Fiber g	5.52
Calcium (Ca) mg/kg	4041
Iron (Fe) mg/kg	8.70
Phosphorus (P) mg/kg	4825

PACKING

0.2 Kg Stand up pouch*

10, 25, 30 and 50 Kg polipropilene bags or kraft paper bags. *

*According to customer's request.



USAGE

- Snack for direct consumption.





Chia flour

USAGE

- For pastry and confectionery. You can put on bread and muffins

NUTRIENTS

Ingredients	Per 100 g
Energy Kcal	484.4
Carbohydrates g	42.19
Cholesterol g	0
Proteins g	21
Fat g	39.04
Saturated fat g	4
Fiber g	44
Calcium (Ca) mg/kg	810
Iron (Fe) mg/kg	10
Sodium (P) mg/kg	20

PACKING

0.2, 0.5, 1 Kg Stand up pouch*
10, 25, 30 and 50 Kg polipropilene bags or kraft paper bags. *

*According to customer's request.



SESAME flour

NUTRIENTS

Ingredients	Per 100 g
Energy Kcal	526
Carbohydrates g	26.6
Proteins g	30.8
Fat g	37.1
Monounsaturated fat g	14
Polyunsaturated fat g	16.3
Saturated fat g	5.2
Calcium (Ca) mg/kg	159
Iron (Fe) mg/kg	15.2
Phosphorus (P) mg/kg	807
Magnesium (Mg) mg/kg	361
Potassium (K) mg/kg	423
Sodium (Na) mg/kg	41

PACKING

0.2, 0.5, 1 Kg Stand up pouch*

10, 25, 30 and 50 Kg polipropilene bags or kraft paper bags. *

*According to customer's request.



USAGE

- For pastry and confectionery. You can put on bread and muffins





Quinoa flour

NUTRIENTS

Ingredients	Per 100 g
Energy Kcal	374
Carbohydrates g	68.57
Proteins g	11.43
Fat g	5.714
Fiber g	11.428
Cholesterol g	0
Calcium (Ca) %	5.714
Iron (Fe) %	25.713
Phosphorus (P) %	40
Potassium (K) %	14.285

USAGE

- For pastry and confectionery. You can put on bread and muffins

PACKING

0.2, 0.5, 1 Kg Stand up pouch*
10, 25, 30 and 50 Kg polipropilene bags or kraft paper bags. *

*According to customer's request.



TOASTED CHIQUITANIAN ALMONDS

NUTRIENTS

Ingredients	Per 100 g
Energy Kcal	545
Carbohydrates g	29.18
Total ash g	3.44
Proteins g	21.19
Moisture g	3.66
Fat g	38.2
Fiber g	4.33
Iron (Fe) mg/kg	13.9
Phosphorus (P) mg/kg	3699

PACKING

0.2, 0.5, 1 Kg Stand up pouch*
10, 25, 30 and 50 Kg polipropilene bags or kraft paper bags. *

*According to customer's request.



BENEFITS

- Chiquitanian almonds have an exceptional nutritional value. Compared with other nuts and almonds, they have the highest protein content with the lowest oil content. Additionally, its oils are unsaturated by 80%, similar to olive oil. They also have relevant contents of Potassium and Phosphorus
- Due to its nutritional value, the chiquitanian almond is of superior quality to other nuts known in the international market.

USAGE

- For pastry and confectionery. You can put on bread, cookies and muffins
- For oils, preparation of margarines,
- For preparation of soft drinks.
- For direct consumption as a snack.





SACHA INTI OR INCA PEANUT

NUTRIENTS

Ingredients	Per 100 g
Proteins %	33
Fat %	54
Palmitic saturated oil %	3.85
Stearic saturated oil %	2.54
Total saturated fat %	6
Monounsaturated oleic acid %	8.28
Linoleic acid OMEGA 6 %	36.80
Linolenic acid OMEGA 3 %	48.6
Essential fatty acids %	84.86
Total unsaturated fat %	93.60

PACKING

0.2, 0.5, 1 Kg Stand up pouch*
10, 25, 30 and 50 Kg polipropilene bags or kraft paper bags. *

*According to customer's request.



BENEFITS

- Fortifies the heart and stabilizes blood pressure.
- Reduces the level of bad cholesterol in the blood.
- Accelerates metabolism and helps improve memory.
- It is a natural antioxidant.
- Strengthens the immune system.
- It has a high content of proteins and its oil is rich in Vitamin A and E.
- The oil contains a greater number of nutrients and OMEGA 3, is a good fat for the body, prevents premature aging.

USAGE

- It is consumed naturally as if it were peanuts.
- The oil can be consumed in the form of oil, table oil, cooking oil, in capsules, as a nutritional supplement.
- It can be used in cosmetics.
- For medicinal applications.

PEANUT

NUTRIENTS

Ingredients	Per 100 g
Energy Kcal	579
Carbohydrates g	9.45
Proteins g	25.6
Fat g	49.4
Monounsaturated oleic acid g	23.2
Linoleic acid OMEGA 6 g	34.9
Linolenic acid OMEGA 3 g	1.2
Fiber g	11.35
Calcium (Ca) mg/kg	65
Iron (Fe) mg/kg	2.3
Phosphorus (P) mg/kg	409

PACKING

10, 25, 30 and 50 Kg polipropilene bags or kraft paper bags. *

*According to customer's request.



BENEFITS

- The high content of simple and complex unsaturated fatty acids play an important role in reducing blood cholesterol
- Peanut contains more protein than a piece of chicken the same weight. It is therefore particularly nutritious for vegetarians. In addition, it contains many vitamins and minerals.
- Phytosterol is an important substance in peanuts, which in turn is struggling with cancer. The content of phytosterol in peanuts is greater than in olive oil.
- Due to its ingredients, peanuts have a pronounced hypotensive, antidepressant and tonic effect, strengthening the nervous system.
- In addition, it has a positive effect on vision and improves sleep.
- Specially useful for people who are suffering from type 2 diabetes.

USAGE

- Peanut kernels are usually eaten as is, by cracking them with firm pressure between fingers or using clippers, or a nutcracker machine. The nuts can also be enjoyed roasted, boiled, salted, or sweetened.
- Peanut butter is a food paste made from ground-roasted nuts, with or without addition of oil. It is popular throughout the world and commonly used as a snack. Peanut milk is also a popular lactose-free milk-like healthy drink.
- Roasted and crushed kernels are often sprinkled over salads, desserts, particularly sundaes and other ice cream-based preparations.
- Peanut paste, made from these nuts, chili peppers, salt, coriander leaves, garlic and mustard seeds, is a popular dish among South Indians.
- Roasted and split nuts are a great addition to salads.



Purple api

NUTRIENTS

Ingredients	Per 100 g
Energy Kcal	397
Carbohydrates g	93
Total ash g	0.6
Proteins g	3.22
Moisture g	5.887
Fat g	1.98
Fiber g	0.89
Calcium (Ca) mg/kg	6.23
Iron (Fe) mg/kg	2.45
Phosphorus (P) mg/kg	90.6

PACKING

0.2, 0.5, 1 Kg Stand up pouch*
10, 25, 30 and 50 Kg polipropilene bags or kraft paper bags. *

*According to customer's request.



BENEFITS

- Purple corn contains proteins, oil and the highest percent is in starch.
- It has essential vitamins and minerals such as iron, phosphorus, niacin and anthocyanins, the latter being one of its main properties and one of the most beneficial for human health.
- It also has phytonutrients.
- Anthocyanins are antioxidants by nature, are present in both the grains and the ear and help our body in the circulatory system and prevent cardiovascular disease, as it stimulates blood circulation and protects our blood vessels from possible deterioration oxidative. In other words, they help prevent premature aging. It has been shown that the anthocyanins present in this type of corn have an anti-inflammatory effect.
- Purple corn is recommended to help the regeneration of tissues and formation of collagen, thus being beneficial for the health of the skin.
- Helps control and reduce blood cholesterol levels and maintain low blood pressure.
- When used in food helps our body synthesize fatty acids being very favorable for people with diabetes and for people who suffer from obesity.

USAGE

- Given all the properties and benefits that we saw earlier, purple corn is used in the industry to make pills or capsules focused mainly to control blood pressure.
- Powdered grain or micro particles are also used to improve the antioxidant effects.
- For the preparation of breads, soft drinks, and mazamoras, among others.





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