



Guava



Nutrition Facts	
Serving Size 1 fruit (90g) Servings Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 5g	20%
Sugars 8g	
Protein 2g	
Vitamin A 10%	Vitamin C 340%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Fun Facts:

- * Guavas are native to South and Central America and Mexico
- * Guavas were carried off to various Caribbean countries, Africa and Asia, by way of Ocean currents.
- * Most guavas have several hundred seeds, however, some varieties are in fact seedless. The seeds and skin are both edible.
- * The Pineapple Guava, is actually not a true guava, rather their close cousin, the Feijoa!
- * Guavas are becoming more and more popular, and are on the rise!



Varieties: There are over 150 different varieties of guavas, with the "apple guava" varieties being most popular in the US. Guavas can have white, yellow, pink or red flesh, with "apple guava" skins ripening from pale green to yellow.

Selection: Choose guavas that yield slightly to the squeeze. Look for fruit that is relatively smooth and glossy, with no signs of dark or sunken spots.

Storage and Handling: Ripen guavas at room temperature, for 3 to 5 days and then store in refrigerator, once ripe, for up to an additional 4 days.

Nutritional Benefits: Guavas are often considered "super fruit", due to their high level of antioxidants, omega 3 rich seeds and high Vitamin C content. Guavas are also a good source for Vitamin B1, Vitamin A and dietary fiber, as well as Potassium and Folate.

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Easy Ways To Enjoy Guava

- * Guavas are best enjoyed when fully ripe! Once ripe, the tender, juicy flesh is a shoe-in for tropical themed beverages, including smoothies!
- * Guavas are high in pectin, making them an excellent candidate for using to make jams, jellies and preserves, as well as Guava Paste, a popular Latino condiment enjoyed with cheeses and desserts.
- * In Asia, guavas are enjoyed with soy sauce and vinegar, as a savory salad, and in India, guavas are seasoned with various salt and pepper type seasonings.
- * Guava puree is great for using in desserts, where cheesecake is a popular route.
- * Guava puree can also be used as a glaze, like BBQ!



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