

PRODUCT CATALOG

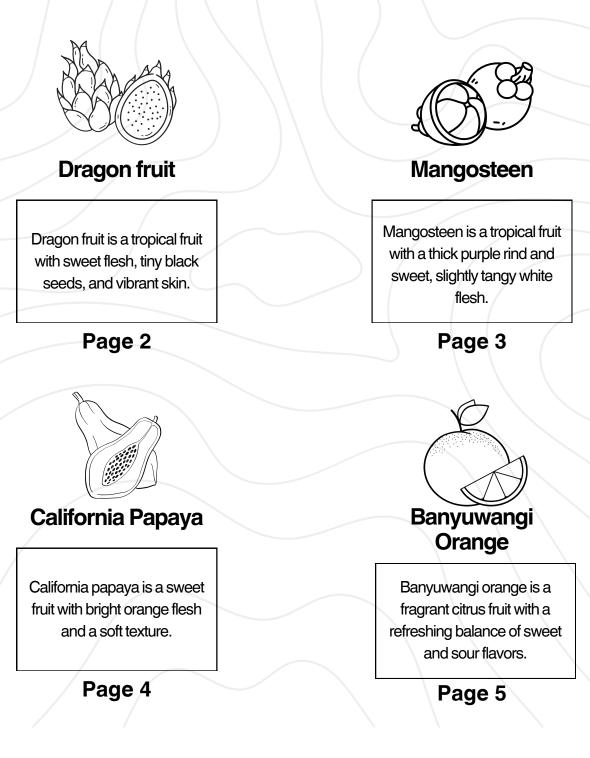
FRESH, QUALITY, SUSTAINABLE – NATURE'S BEST FRUITS FOR YOU

www.fruitfieldfresh.com

East Java, Indonesia

Explore Our Products

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Each product is carefully sourced and sorted to maintain its freshness and quality.

Dragon Fruit

Dragon fruit is a visually stunning tropical fruit with bright pink or yellow skin and white or red speckled flesh filled with small black seeds. Known for its mildly sweet and refreshing taste, the fruit is rich in antioxidants, vitamin C, and fiber, dragon fruit is not only delicious but also offers a range of health benefits, making it a popular choice for a nutritious snack.



Specifications

Size

: 200–600 grams per fruit.

- Quality : Fresh, ripe fruit without damage, scratches, or skin defects.
- Skin Color : Bright pink or yellow with fresh green scales.
- Flesh Color : Red
- **Packaging** : Cartons with protective nets or foam layers, typically 10–15 kg per box.
- **Certification** : Free from harmful pesticides (GAP and HACCP certified).



Nutritional Information

(per 100 grams)

- Calories : 50-60 kcal
- Protein : 1.2 grams
- Fat : 0.1 grams
- Carbohydrates : 13 grams
- Fiber : 3 grams
- Vitamin C : 20–25% of daily requirement
- Calcium : 18 mg



Mangosteen

Mangosteen, often referred to as the "queen of fruits," is a tropical delicacy with a thick purple rind and soft, white segments of flesh. Its flavor is a unique blend of sweetness and a hint of tanginess, often compared to a mix of peach and strawberry. Rich in antioxidants and essential nutrients like vitamin C and fiber, mangosteen is both a delicious treat and a powerful health booster.



Specifications

- Size : Diameter 5–7 cm, weight 80–150 grams per fruit.
- **Quality** : Intact skin, free from cracks or damage, uniform deep purple color.
- Flesh Color : Clean white segments without brown spots.
- **Packaging** : Ventilated carton boxes with foam padding, capacity 10–12 kg per box.
- **Certification** : Phytosanitary Certificate and pesticidefree (GAP certified).



Nutritional Information

(per 100 grams)

- : 70–75 kcal
- CaloriesProtein

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- : 0.6 grams
- Fat:0.2 gramsCarbohydrates:18 grams
- Fiber : 1.8 grams
- Vitamin C : 12% of
- Xanthones
 (Antioxidants)
- : 12% of daily requirement : High



California Papaya

California papaya is a tropical fruit prized for its sweet, juicy flesh and bright orange color. With a mild tropical flavor, this papaya is perfect for eating fresh, adding to fruit salads, or blending into smoothies. This type of papaya is rich in vitamin C, vitamin A, and digestive enzymes, making it very beneficial for skin and digestive health.



Specifications

- Size : Weight 700–1,200 grams per fruit, uniform size in packaging.
- Quality : Optimally ripe (greenish-yellow skin), free from defects or damage.
- Flesh Color : Bright orange, free from spots or damage.
- **Packaging**: Ventilated carton boxes with protective • nets, capacity 8-10 fruits per box.
- Certification : Phytosanitary Certificate and GAP certified.



Nutritional Information

(per 100 grams)

Fat

- : 43 kcal Calories Protein
 - : 0.5 grams
 - : 0.3 grams
- Carbohydrates : 11 grams
 - Fiber : 1.7 grams
- Vitamin C Vitamin A
- : 75% of daily requirement : 30% of daily requirement



Banyuwangi Orange

Banyuwangi orange is a fragrant and juicy citrus fruit native to the Banyuwangi region of Indonesia. It is known for its thin, easy-to-peel skin and a delightful balance of sweetness and tanginess. This orange is a refreshing source of vitamin C and is commonly enjoyed fresh or juiced. Loved for its unique aroma and flavor, Banyuwangi orange holds a special place in local culinary traditions.



Specifications

- Size : Diameter 5–8 cm, weight 150–250 grams per fruit.
- Quality : Smooth, intact skin, free from defects or spots, uniform orange color.
- Flesh Color : Bright orange, fresh, and undamaged.
- **Packaging** : Cartons with protective layers for each • fruit, capacity 10-15 kg per box.
- Certification : Phytosanitary Certificate, GAP, HACCP certified.



Nutritional Information

(per 100 grams)

- : 45 kcal Calories : 0.9 grams
- Protein

Potassium

Fat

- : 0.1 grams
- Carbohydrates : 11 grams
- Fiber : 2 grams
- : 80% of daily requirement Vitamin C

: 160 mg

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