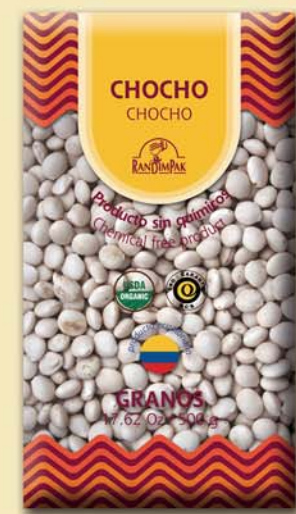


# Tiro



# Retiro



## Chocho-Fresh Corncob-Kernels

500 years before Christ, cultures pre Inca consume chocho also known as tawi. The chocho is one of the most important crops in the nutritional scale because of high content of proteins, even more than soy. Chocho is an alternative for wheat flour in the bread elaboration. It is rich in proteins such as lysine and minerals such as calcium.

**Scientific Name:** Lupinos Mutabilis

**Producing groups:** Communities of the provinces of Chimborazo, Bolivar, Cotopaxi, Tungurahua and Cañar (Ecuador)

**Capacity of total annual production**

**Time of sowing:** November to January

**Time of harvest:** July to September

**Cycle of production in months:** 8 months

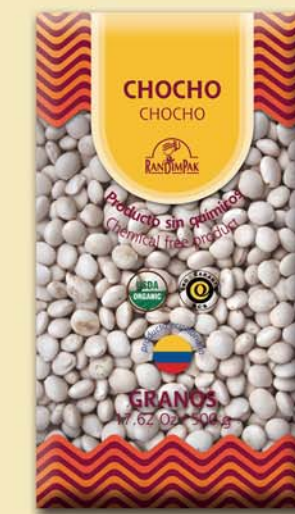
**Predominant Color:** White

**Type of package:** Polyethylene Bag / Polypropylene

**Transport Precautions:** Protect the product of the atmosphere factors such as rain, wind, smoke, and not to be transported with products that release scents and can contaminate the food.

**Storage Conditions:** The storage is made in fresh and dry atmospheres. The presence of the weevil should be avoided with the use of table oil, ash or Aluminum Phosphide. The finished product must be stored in fresh and dry atmospheres.

**Use and application of the product:** Direct consumption in the food preparation



Characteristics	Values (/100g)
Water	14.5 g
Protein	45 g
Fat	16 g
Carbohydrates	24.5 g
Fiber	0.3 g
Ashes	2.8 g
Calcium	420 mg
Phosphorus	160 mg
Iron	14 mg
Calories	306 Kcal