

CHAYOTE / SQUASH

CHARACTERISTICS

INFORMATION

EXPORTED VALUE 2021

USD Mil 17889,85

TONS

29880,89

MAIN EXPORTS DESTINATIONS

United States, Holland, Spain,
Portugal, United Kingdom

CERTIFICATIONS

GlobalG.A.P, BASC,
ETI-SMETA

AVAILABILITY

YEAR - ROUND

NUMBER OF DESTINTIONS

5 COUNTRIES

VARIETIES

Quelite, Black, White



Benefits: generally recommended to control bad cholesterol levels and lose weight



Low in calories



Can be eaten sweet or salty, fresh or cooked

