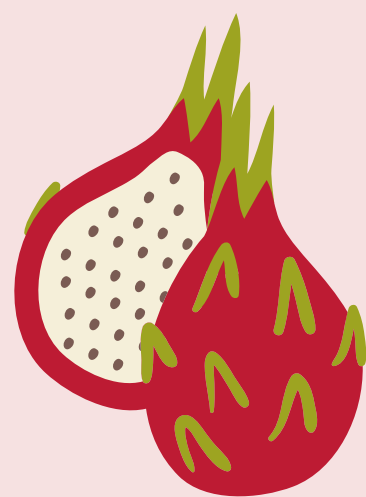


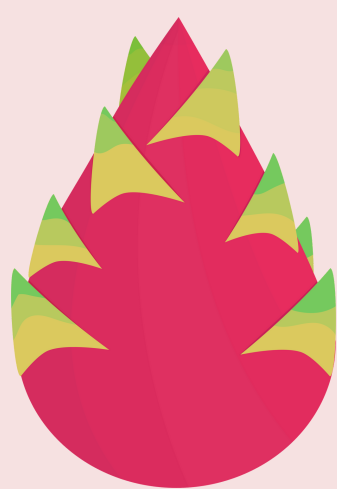
Dragon Fruit

Origin



Native to Central America

Grown in Asia, Mexico, Central America, South America and Israel



Nutrient Content

Carbohydrates: 82g

Protein: 4g

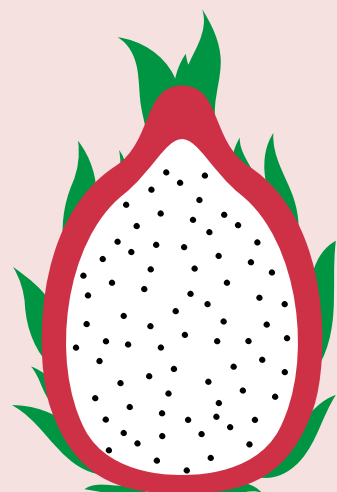
Calcium: 107mg

Benefits

Glycemic control in pre-diabetics

May reduce blood pressure

Positive effect on inflammation disorders



Fun Facts

Dragon fruit resemble kiwi seeds

Dragon fruit flowers only bloom at night

The flower buds of the fruit are edible when cooked

