Nutrition White Fresh Pears Rich Flavored Contains Vitamin B6 , B2

Specifications :

Price	US $400 - $1000 / Metric Ton
Brand Name	Pear
Model Number	P107
Place of Origin	Shandong/ Shanxi/ Xinjiang/ Hebei
Min.Order Quantity	1 Carton
Payment Terms	T/T with 30% before production, 70% balance before delivery; L/C
Supply Ability	Supply four seasons, all the year round.
Delivery Detail	around 7 days after receipt of 30% deposit
Packaging Details	4KG/CTN; 9KG/CTN; 10KG/CTN; 18KG/CTN
Cultivation Type	Common
Grade	A
Maturity	100%
Style	Fresh
Taste	Sweet
Type	Pear

Detail Introduction :

Nutrition White Fresh Pears Rich Flavored Contains Vitamin B6 , B2

Quick Detail:

Product Type: Pome Fruit

Type: Pear, ya pear

Style: Fresh

Variety: Ya Pear

Cultivation Type: Common

Maturity: 100%

Size (cm): 8

Grade: A

Certification: ISO 9001, SGS, HACCP, GLOBAL GAP

Weight (kg): 18

Place of Origin: Shandong/ Shanxi/ Xinjiang/ Hebei China (Mainland)

Brand Name: Pear

Model Number: P107-20#22#24#40#44#72#80#96#

Character: fresh

Color: yellow, green, green and yellow, green and red

Taste: sweet and crisp

Supply availability: August to next May, all the year round

Packing: 4kg/ctn; 9kg/ctn; 10kg/ctn; 18kg/ctn; 20kg/ctn

Port: Qingdao

Advantage: intergrating process, store and export in a body

Description:

fruit pear Shandong pear cold store fresh fruit pear Chinese fruit Ya pear

Name	fruit pear Shandong pear cold store fresh fruit pear Chinese fruit Ya pear
Certificates	ISO 9001, SGS, HACCP, GLOBAL GAP
Size	20#22#24#36#40#44#72# 80# 96# 112#
Supply time	June to next May, all the year round
Origin	Shandong China (Mainland)
Features	1) Sarcocarp ivory white, juicy, crisp and sweet with high sugar content. 2) Fruitage is suborbicular, smooth fruit surface, the average unit weight 450-500g, the largest unit weight 1000g.
Supply ability	280 Metric Ton/ Metric Tons per Month

Packing & Loading capacity	Inner packing: 1pc/white plastic bag Outer packing: Carton 1) 20# 21# 22# 23# 24# N.W. 4kg-5642ctn/40 reefer container 2) 18# 20# 22# N.W. 4.5kg-5012ctn/40 reefer container 3) 28# 32# N.W. 7kg-2400ctn with pallet/40 reefer container 4) 36# 40# N.W. 9kg-2548ctn/40 reefer container 5) 40# 44# N.W. 10kg-2156ctn/40 reefer container 6) 72# 80# 96# 112# N.W. 18kg-1150-1300ctn/40 reefer container
Payment term	T/T with 30% before production, 70% balance before delivery; L/C
Lead time	around 7 days after receipt of 30% deposit
FOB port	Qingdao, China

pear trees, bosc pears, European Pear, pyrus, avocado, Comice pear

Specifications:

fruit pear Shandong pear cold store fresh fruit pear Chinese fruit Ya pear

1. Own pear production base

2. Over 5 years experience

3. New crop fresh pear

4. ISO 9001, SGS, HACCP, GLOBAL GAP

Competitive Advantage:

1. We have our own factory & guarantee the quality

2. We have enough supply ability

3. We can supply more competitive price and service

See the table below for in depth analysis of nutrients: Pears (Pyrus communis), Fresh, Nutritive value per 100 g		
Principle	**Nutrient Value**	**Percentage of RDA**
Energy	58 Kcal	3%
Carbohydrates	13.81 g	11%
Protein	0.38 g	<1%

Total Fat	0.12 g	0.5%
Cholesterol	0 mg	0%
Dietary Fiber	3.10 g	8%
Vitamins		
Folates	7 µg	2%
Niacin	0.157 mg	1%
Pantothenic acid	0.048 mg	1%
Pyridoxine	0.028 mg	2%
Riboflavin	0.025 mg	2%
Thiamin	0.012 mg	1%
Vitamin A	23 IU	1%
Vitamin C	4.2 mg	7%
Vitamin E	0.12 mg	1%
Vitamin K	4.5 µg	4%
Electrolytes		
Sodium	1 mg	0%
Potassium	119 mg	2.5%
Minerals		
Calcium	9 mg	1%
Copper	0.082 mg	9%
Iron	0.17 mg	2%
Magnesium	7 mg	2%
Manganese		2%
Phosphorus	11 mg	2%
Zinc	0.10 mg	1%
Phyto-nutrients		
Carotene-ß	12 µg	--
Crypto-xanthin-ß	2 µg	--
Lutein-zeaxanthin	45 µg	--

Storage

Pears may be stored at room temperature until ripe. Pears are ripe when the flesh around the stem gives to gentle pressure. Ripe pears are optimally stored refrigerated, uncovered in a single layer, where they have a shelf life of 2 to 3 days.

Selection and Storage

Fresh pears are readily available in the stores. While Bartlett variety is a predominant variety during summer, Comice, Seckel, etc. are chief fall-season pears. Asian pears are generally ready to harvest by August and available in the stores by September.

Choose fresh, bright, firm textured fruits with rich flavor. Avoid fruits with pressure marks over their surface as they indicate underlying mottled pulp. Some fruits, especially the Asian varieties, have rusted colored speckles on their outer surface, which is otherwise an acceptable characteristic.

Keep unripe pears in a basket with separate chambers at room temperature or wrap in paper to ripen as in papaya. Once their surface yields to gentle pressure, they are ripe and ready to be eaten.

To get the maximum nutrient benefits eat them while they are fresh. Otherwise, keep them in the refrigerator where they will remain fresh for a few days.

Preparation and Serving tips

Wash them in clean running cold water before use to remove any surface dust and pesticide/fungicide residues.

Trim both ends using paring knife and cut into two equal halves. Take out centrally placed small seeds. Slice the fruit into desirable cubes or pieces.

As in apple, sliced fruit pieces turn brown on exposure to air due to conversion of iron from ferrous oxide to ferric oxide. If you have to serve them sliced, rinse slices in water added with few drops of fresh lemon.
Since several of the vitamins and minerals are concentrated in significant quantities just underneath the skin, pears should be eaten as a whole along with its skin to get maximum benefits.

Here are some serving tips:

Eat pear fruits as they are without any additions to get maximum health benefits.

Pear is also used in the preparation of fruit juice, jam, pie, and fruit salad.

Add as a juice mix with other fruits like pineapple,peaches, grapes...etc.
Dried pieces added n the preparations of baby food.

Applications:

Pears are consumed fresh, canned, as juice, and dried. The juice can also be used in jellies and jams, usually in combination with other fruits or berries. Fermented pear juice is called perry or pear cider.

Pears ripen at room temperature. They will ripen faster if placed next to bananas in a fruit bowl. Refrigeration will slow further ripening. Pear Bureau Northwest offers tips on ripening and judging ripeness: Although the skin on Bartlett pears changes from green to yellow as they ripen, most varieties show little color change as they ripen. Because pears ripen from the inside out, the best way to judge ripeness is to "Check the Neck": apply gentle thumb pressure to the neck or stem end of the pear. If it yields to gentle pressure, then the pear is ripe, sweet, and juicy. If it is firm, leave the pear at room temperature and Check the Neck daily for ripeness.

The culinary or cooking pear is green but dry and hard, and only edible after several hours of cooking. Two Dutch cultivars are "Gieser Wildeman" (a sweet variety) and "Saint Remy" (slightly sour).

Pear wood is one of the preferred materials in the manufacture of high-quality woodwind instruments and furniture. It is also used for wood carving, and as a firewood to produce aromatic smoke for smoking meat or tobacco. Pear wood is valued for kitchen spoons, scoops and stirrers, as it does not contaminate food with color, flavor or smell, and resists warping and splintering despite repeated soaking and drying cycles. Lincoln describes it as "a fairly tough, very stable wood... (used for) carving... brushbacks, umbrella handles, measuring instruments such as set squares and T-squares... recorders... violin and guitar fingerboards and piano keys... decorative veneering." Pearwood is the favored wood for architect's rulers because it does not warp. It is similar to the wood of its relative, the apple tree, Pyrus malus (also called Malus domestica) and used for many of the same purposes.

Pear leaves were smoked in Europe before tobacco was introduced.

Health benefits

Pears are a good source of dietary fiber and a good source of vitamin C. Most of the vitamin C, as well as the dietary fiber, is contained within the skin of the fruit.

Pears are less allergenic than many other fruits, and pear juice is therefore sometimes used as the first juice introduced to infants. However, caution is recommended for all fruit juice consumption by infants, as studies have suggested a link between excessive fruit juice consumption and reduced nutrient intake, as well as a tendency towards obesity. Pears are low in salicylates and benzoates, so are recommended in exclusion diets for allergy sufferers. Along with lamb and rice, pears may form part of the strictest exclusion diet for allergy sufferers.

Most of the fiber is insoluble, making pears a good laxative.

Pears nutrition facts

Sweet, delicious and rich flavored pears offer crunchiness of apples yet juicy as peach and nectarine. They are widely popular, especially in the whole of the northern hemisphere, for their unique nutrient qualities.

Health benefits of pears

Pears fruit is packed with health benefiting nutrients such as dietary fiber, anti-oxidants, minerals and vitamins, which are necessary for optimum health. Total measured antioxidant strength (ORAC value) in the fruit is 2941 µmol TE/100 g.

Pears are a good source of dietary fiber. 100 g fruit provides 3.1 g or 8% of fiber per 100g. Regular eating of this fruit may offer protection against colon cancer. Most of the fiber in them is **non soluble polysaccharide (NSP)**, which functions as a good bulk laxative in the gut. Additionally, the gritty fiber content binds to cancer-causing toxins and chemicals in the colon, protecting its mucous membrane from contact with these compounds.

In addition, pear fruit is one of the very low calorie fruits, provides 58 calories per 100g. Just a few sections a day in the diet can bring significant reduction in weight and blood LDL cholesterol levels.

They contain good quantities of vitamin C. Fresh fruits provide about 7% of RDA per 100 g.

They are moderate sources of antioxidant flavonoids phyto-nutrients such as beta-carotene, lutein and zea-xanthin. These compounds, along with vitamin C and A, help the body protected from harmful free radicals.

The fruit is a good source of minerals such as **copper**, iron, potassium, manganese and magnesium as well as B-complex vitamins such as folates, riboflavin and pyridoxine (vitamin B-6).

Although not well documented, pears are among the least allergenic of all fruits and are therefore recommended by health practitioners as a safe alternative in the preparation of food products for allergy sufferers.

Pears have suggested in various traditional medicines being useful in treating colitis, chronic gallbladder disorders, arthritis and gout.

Pears, raw			
Nutritional value per 100 g (3.5 oz)			
Energy	239 kJ (57 kcal)	Choline	5.1 mg (1%)
Carbohydrates	15.23 g	Vitamin C	4.3 mg (5%)
- Sugars	9.75 g	Vitamin E	0.12 mg (1%)
- Dietary fiber	3.1 g	Vitamin K	4.4 ?g (4%)
Fat	0.14 g	Calcium	9 mg (1%)
Protein	0.36 g	Iron	0.18 mg (1%)
Thiamine (vit. B_1)	0.012 mg (1%)	Magnesium	7 mg (2%)
Riboflavin (vit. B_2)	0.026 mg (2%)	Manganese	0.048 mg (2%)
Niacin (vit. B_3)	0.161 mg (1%)	Phosphorus	12 mg (2%)
Pantothenic acid (B_5)	0.049 mg (1%)	Potassium	116 mg (2%)

Vitamin B_6	0.029 mg (2%)	Sodium	1 mg (0%)
Folate (vit. B_9)	7 ?g (2%)	Zinc	0.1 mg (1%)