

Fresh Mexican products exported
under international quality standards.

Chayote

Sechium edule

Technical Data Sheet



Agricultura
Secretaría de Agricultura y Desarrollo Rural



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Description



Chayote (*Sechium edule*) is a green pear-shaped vegetable from the gourd family, native to Mexico. It has a smooth or lightly ridged skin and a crisp, mild-tasting flesh. It is widely cultivated in Veracruz, Mexico, particularly in Orizaba, , known for their ideal humid-temperate climates. Chayote is appreciated for its versatility in both fresh and processed forms.



Excellent
Quality



Versatile
Food



Mild flavor
and low
caloric
content

Selection and Handling



Select firm, bright green fruits without cracks or soft spots. Store at 10–12°C with high humidity to maintain freshness. Handle gently to avoid surface damage. For industrial use, it can be peeled, diced, and frozen or canned.



Storage



Temperature:
7–10 °C



Relative humidity:
85–90%



Shelf life: 2-3 weeks
under optimal storage conditions

Origin and Availability



Produced mainly in Veracruz, Mexico. Available year-round, with peak production between July and November.



Nutritional Information (per 100 g)

Nutrient	Amount
Energy	77 kJ / 19 kcal
Total Fat	0.1 g
Saturated Fat	0.0 g
Carbohydrates	4.5 g
Sugars	1.7 g
Dietary Fiber	1.7 g
Protein	0.0 g
Salt	0.01 g
Potassium	125 mg
Vitamin C	7.7 mg

Nutritional Value



Chayote is low in calories and rich in water, fibre, and antioxidants. It supports hydration, digestion, and cardiovascular health. It is also a source of folate and vitamin C, making it ideal for balanced diets.

Culinary Uses

Consumed cooked or raw, chayote can be steamed, sautéed, or added to soups and salads. In industrial applications, it is used peeled and diced for freezing, canning, or dehydrated products.

Packaging Specifications

Classified by size, weight, and appearance according to export standards.

Packaging Type	Corrugated box
Boxes per pallet	55
Weight per box	18 kg/40 lbs
Pallets per load*	20
Total load weight*	19,800 kg
Peso por caja packaging.	18 kg / 40 lbs Certified

*Load in 48-foot container or refrigerated trailer.



At Afirma Internacional, S.A. de C.V., we are dedicated to the production, marketing, and export of agricultural products to national and international markets.

We operate in compliance with current official standards, ensuring that each of our processes meets the highest quality and food safety standards.

Our company offers a wide catalog of fresh and seasonal products, harvested in Veracruz, Mexico, recognized for their freshness and superior quality.

We are committed to providing our clients with carefully selected and certified products, ensuring proper classification, packaging, and logistics so that each shipment arrives in optimal condition at its destination.



Let's stay in touch



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