

Fresh Mexican products exported
under international quality standards.

Taro root

Colocasia esculenta

Technical Data Sheet



Description



Taro root, known in Mexico as malanga, is a starchy tuber with a brown fibrous skin and white or light purple flesh. It has a mild, nutty flavor and a creamy texture when cooked. This root vegetable is a key ingredient in Caribbean, Asian, and Latin American cuisines. In Veracruz, Mexico, it is cultivated in warm, humid regions with rich soils.



Mild, slightly
nutty flavor



Mainly
cultivated in
Veracruz



Valued in gastronomy;
also used to make
flours, chips, and
desserts

Selection and Handling



Select firm, heavy roots free of soft spots or mold. Store unwashed in a cool, dry, and well-ventilated place. Avoid refrigeration before use to prevent chilling injury, and handle carefully to avoid bruising.



Almacenamiento



Temperature:
8-10°C



Relative humidity:
85-95 %



Shelf life: 2-3 weeks
under optimal storage conditions

Origin and Availability



Produced mainly in the municipalities of Actopan and Úrsulo Galván in the state of Veracruz, Mexico. Available year-round, with peak harvest during the rainy season (June to October).



Nutritional Information (per 100 g)

Nutrient	Amount
Energy	519 kJ / 123 kcal
Total Fat	0.4 g
Saturated Fat	0.14 g
Carbohydrates	30 g
Sugars	0.4 g
Dietary Fiber	2.3 g
Protein	1.5 g
Salt	10 mg
Potassium	591 mg
Vitamin C	18 mg

Nutritional Value



Malanga is rich in complex carbohydrates and dietary fiber, providing sustained energy. It is a good source of potassium and vitamin E, contributing to cardiovascular and digestive health.

Culinary Uses

It is consumed boiled, mashed, or fried, in soups, side dishes, and main courses. It can substitute for potato or plantain and is also used in the preparation of flours, chips, and desserts.

Packaging Specifications

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

Packaging Type	Sack
Sacks per pallet	55
Weight per sack	18 kg
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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