

KIWIFRUIT PUREE

GOLD VS GREEN

So what's the difference between our Gold and Green Puree?

Appearance

Our green kiwifruit puree of course has a green colour, and if with seeds, you will see more seed in green puree than gold kiwifruit puree. Our gold puree is a vibrant yellow colour. The textures of the puree are very similar.

Taste

Kiwifruit in New Zealand has been grown for taste, so both our puree will exhibit excellent tastes. Our green kiwifruit puree will have a fresh, tangy-sweet taste. The gold kiwifruit has a totally different taste than the green kiwifruit puree.

The gold kiwifruit, which is unique to New Zealand, has a tropically sweet taste. It has been compared by some even to taste like a cross between a mango and a strawberry. In a puree you will typically note the brix of the gold to be higher than of the green.

Nutrition Benefits

There is a lot in common for both varieties. Both green and gold puree are full of vitamins and minerals. Kiwifruit are both a low Glycemic Index and a low FODMAP food.

Both our green and gold kiwifruit purees are amongst the most nutritious blast frozen fruit purees, but there are some slight differences in their nutrition:

Low-Calorie

There are some slight differences when it comes to nutrition: One serving (two kiwifruits) of Green has 90 calories, Gold has 110. Green kiwifruit contain more potassium than a medium banana, while Gold have as much as a banana.

Vitamin E and Folate

While both are good sources of vitamin E, while Green kiwifruit is also a good source of folate.

Vitamin C

Green kiwifruit is an excellent source of vitamin C, having more than an orange and covering a full day's requirement. The gold variety kiwifruit has even more Vitamin C than Green — and three times more than an orange!



APPLICATIONS

Kiwifruit puree is available as gold or green puree and includes seed-in or seed-out options and is used in a variety of applications including:

- Juices
- Dessert toppings
- Salad sauces
- Ice cream toppings
- Chocolates and confectionary
- Jams
- Nutraceuticals



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