

# *Product Catalogue*



## *Dried Fruits & Nuts*



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# Dried Fruits

## Dried Grape

### Benefits:

Raisins are obtained by drying grapes (green or black), either in sun or in driers, and look like golden, green or black gems. Indeed they are like gems when their nutritional values and health benefits are considered.



### **Energy and Nutritional Value per 100g**

Energy (kcal) 299  
Protein (g) 3  
Fat (g) 0.5  
Carbohydrate (g) 79

## Dried Grape

### Benefits:

Catechin, a phenolic anti oxidant present in raisins, is very effective for prevention of tumor and cancer of colon. The fibers in it help excretion of bile from the body, burning of cholesterol and thereby ensuring good cardiac health.



### **Energy and Nutritional Value per 100g**

Energy (kcal) 299  
Protein (g) 3  
Fat (g) 0.5  
Carbohydrate (g) 79

## Natural Apricots

### Benefits:

Apricots contain nutrients such as vitamin A that promote good vision. Vitamin A, a powerful antioxidant, quenches free radical damage to cells and tissues. Free radical damage can injure the eyes' lenses.



### **Energy and Nutritional Value per 100g**

Energy (kcal) 241  
Protein (g) 3.39  
Fat (g) 0.51  
Carbohydrate (g) 62.64

## Yellow Apricots

### Benefits:

Dried apricots, containing many of major vitamins and minerals, especially know to be beneficial to the functions of the brain, gives energy and helps release stress.



### **Energy and Nutritional Value per 100g**

Energy (kcal) 241  
Protein (g) 3.39  
Fat (g) 0.51  
Carbohydrate (g) 62.64

## Dried Figs

- Stripped Figs
- Baglama Figs
- Paste Figs
- Garland Figs



### **Energy and Nutritional Value per 100g**

Energy (kcal) 442  
Protein (g) 11,7  
Fat (g) 29  
Carbohydrate (g) 33,44

# Nuts

## Kernel Almonds

- Almonds With Shell ●
- Sliced Almonds ●
- Powder Almonds ●
- Blanched Almonds ●



### Energy and Nutritional Value per 100g

Energy (kcal) 589  
Protein (g) 22,8  
Fat (g) 47  
Carbohydrate (g) 19

## Whole Walnuts

- Kernel Walnuts ●
- Kernel Pine Seeds ●



### Energy and Nutritional Value per 100g

Energy (kcal) 634  
Protein (g) 20  
Fat (g) 58  
Carbohydrate (g) 3

## Hazelnuts



### Energy and Nutritional Value per 100g

Energy (kcal) 656  
Protein (g) 16  
Fat (g) 59  
Carbohydrate (g) 16

## Whole Pistachios

- Kernel Pistachios ●
- Sliced Pistachios ●
- Meverdi ●



### Energy and Nutritional Value per 100g

Energy (kcal) 598  
Protein (g) 21  
Fat (g) 48  
Carbohydrate (g) 26

## Roasted Chickpeas



### Energy and Nutritional Value per 100g

Energy (kcal) 164  
Protein (g) 8  
Fat (g) 2,59  
Carbohydrate (g) 28

### Benefits of Nuts:

Eating nuts reduces your risk of developing blood clots that can cause a fatal heart attack. Nuts also improve the health of the lining of your arteries. The evidence for the heart-healthy benefits of nuts isn't rock solid — the Food and Drug Administration only allows food companies to say evidence "suggests but does not prove" that eating nuts reduces heart disease risk.

What's in nuts that's thought to be heart healthy? \* Unsaturated fats \* Omega 3 \* Fiber \* Vitamin E \* Plant Sterols \* L-arginine

# hazelnut

## Available Hazelnut Types

	SIZE	PACKAGING
Paste Hazelnut		1 kg - 12,5 kg - 25 kg
Natural Hazelnut	9-11 mm	1 kg - 12,5 kg - 25 kg - Vacuum Carton & Bag
	11-13 mm	1 kg - 12,5 kg - 25 kg - Vacuum Carton & Bag
	13-15 mm	1 kg - 12,5 kg - 25 kg - Vacuum Carton & Bag
	14-16 mm	1 kg - 12,5 kg - 25 kg - Vacuum Carton & Bag
Roasted Hazelnut	9-11 mm	1 kg - 12,5 kg - 25 kg - Vacuum Carton
	11-13 mm	1 kg - 12,5 kg - 25 kg - Vacuum Carton
	13-15 mm	1 kg - 12,5 kg - 25 kg - Vacuum Carton
	14-16 mm	1 kg - 12,5 kg - 25 kg - Vacuum Carton
Chopped Hazelnut	2-4 mm	1 kg - 12,5 kg - 25 kg - Vacuum Carton
	4-6 mm	1 kg - 12,5 kg - 25 kg - Vacuum Carton
	7-11 mm	1 kg - 12,5 kg - 25 kg - Vacuum Carton
Powder Hazelnut	1.2 mm	1 kg - 12,5 kg - 25 kg - Vacuum Carton
	0.2 mm	1 kg - 12,5 kg - 25 kg - Vacuum Carton
Sliced Hazelnut	0.8-1 mm, 1-1.5 mm, 2-2.5 mm	
Blanched Hazelnut	9-11 mm	1 kg - 12,5 kg - 25 kg - Vacuum Carton
	11-13 mm	1 kg - 12,5 kg - 25 kg - Vacuum Carton
	13-15 mm	1 kg - 12,5 kg - 25 kg - Vacuum Carton
	14-16 mm	1 kg - 12,5 kg - 25 kg - Vacuum Carton

# chickpeas

## Available Chickpea Types

	SIZE	PACKAGING
Single Roasted	8 mm	5-10-15-20 Jute Bags/Carton
	8.5 mm	5-10-15-20 Jute Bags/Carton
	9 mm	5-10-15-20 Jute Bags/Carton
	9.5 mm	5-10-15-20 Jute Bags/Carton
	10 mm	5-10-15-20 Jute Bags/Carton
Double Roasted	8 mm	5-10-15-20 Jute Bags/Carton
	8.5 mm	5-10-15-20 Jute Bags/Carton
	9 mm	5-10-15-20 Jute Bags/Carton
	9.5 mm	5-10-15-20 Jute Bags/Carton
	10 mm	5-10-15-20 Jute Bags/Carton
White Chickpeas	8 mm	5-10 kg / Carton
	8.5 mm	5-10 kg / Carton
	9 mm	5-10 kg / Carton
	9.5 mm	5-10 kg / Carton
	10 mm	5-10 kg / Carton