



ALMOND

Produce of
TURKEY



www.tracellar.com.tr

Being among the foods rich in omega-3 fatty acids after fish and walnuts, almonds benefit cardiovascular diseases.

What are the Benefits of Almond?

Rich in unsaturated fat, almonds reduce bad cholesterol levels.

Thanks to vitamin E, it supports the skin's regeneration.

Raw almond provides 50% of the daily magnesium requirement of the human body.

In addition to its high fat and calorie content, a handful of raw almonds consumed in the middle of the day prevents you from being hungry for the rest of the day. It also increases the energy level.

Thanks to the high phosphorus content, it helps in bone formation and healing.

Also it strengthens the memory and prevents forgetfulness.

NUTRITIONAL VALUES 100 Grams

CALORIE	598 kcal	% DAILY AMOUNT *
Carbohydrate	19,5 gr	% 6,5
Dietary Fiber	2,6 gr	% 10,4
Fat	54,2 gr	% 83,4
Protein	18,6 gr	% 37,2
Cholesterol	0,0 mg	% 0,0
Calcium*	234 mg	% 23,4
Potassium	773mg	% 22,1
Vitamin A*	0,0 IU	% 0,0
Vitamin C*	0,0 IU	% 0,0
Iron*	4,7 mg	% 26,1

* Percentage daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie diet.

CONTAINER LOADING DETAILS

		50 kg Plastic Bag
CARGO	20' DC	320 boxes
	40' DC	500 boxes
PALLETIZED	20' DC/ 14 pallet	280 boxes
	40' DC/ 28 pallet	500 boxes