



DRIED APRICOT

Produce of
TURKEY



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Dried apricot, which is a natural remedy especially for those who want to lose weight and have intestinal problems, is the strongest source of fiber known in nature.

In addition, it contains vitamins A, B, C, E. In this way, it balances the blood hemoglobin levels.

It contributes to the bones of children in developmental age. It is a food that even pregnant women can easily consume. It has low sugar content. Therefore it does not affect the sugar level in the blood. Even diabetic patients can consume it.

It affects the functions of the intestines positively, if it's consumed regularly.

Thanks to the potassium which dried apricot contains, it prevents the clogging of the heart vessels and provides better blood pumping to the body.

Beta-carotene substances reduce the risk of high blood pressure by balancing blood pressure.

It supports the strengthening of bones with its phosphorus and calcium content.

Apricot, which prevents the formation of wounds and aphthae in the mouth, also prevents bad breath, originating from the stomach.

NUTRITIONAL VALUES 100 Grams

CALORIES	241 kcal	% DAILY AMOUNT *
Carbohydrate	63 gr	20%
Dietary Fiber	7 gr	29%
Fat	1 gr	-
Protein	3 gr	
Cholesterol	0 mg	
Sodium	0 mg	
Potassium	1,05 g	25%
Vitamin A*		72%
Vitamin C*		2%
Iron*		15%
Calcium*		6%

* 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

		12,5 kg	5 kg	3x5 kg	200 gr (30x200 gr) 400 gr (16x400 gr) 800 gr (60x200 gr)
CARGO	20' DC	1.600 boxes	4.000 boxes	1.150 boxes	1.600 boxes
	40' DC	2.000 boxes	5.000 boxes	1.700 boxes	2.000 boxes
PALLETIZED	20' DC/ 14 pallets	1.008 boxes	2.600 boxes	900 boxes	1.008 boxes
	40' DC/ 28 pallets	2.000 boxes	5.000 boxes	1.700 boxes	2.000 boxes

SIZE PCS/KG

JUMBO	80 PCS /KG
No:1	81 -100 pcs/KG
No:2	101 -120 pcs/KG
No:3	121 -140 pcs/KG
No:4	141 - 160 pcs/KG
No:5	161 -180 pcs/KG
No:6	181 -200 pcs/KG
No:7	201 -220 pcs/KG
No:8	220+ more pcs/KG