



DRIED FIG

Produce of
TURKEY


TraCellar
CELLAR OF THE WORLD

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Figs, which have a history of thousands of years, can be consumed both fresh and dried. They are a healthy snack that is high in fiber and rich in iron. Dried figs contain more calories than fresh figs. In addition to being consumed as dried fruits, they are frequently used in various confectionery and bakery products from cookies to breads and cakes.

What are the Benefits of Dried Figs?

Dried figs are a good source of vitamins and minerals that are vital for the body and are rich in vitamins A, B1 and B2, manganese and potassium, magnesium, copper, iron and phosphorus.

Dried figs are also a good source of soluble fiber that helps to stay full for longer and relieves constipation. This dried fruit helps to lower blood pressure. Figs are a rich source of potassium that helps to control blood pressure.

In addition to these, antioxidant substances which dried figs contain, have protective properties against breast cancer.

NUTRITIONAL VALUES 100 Grams

CALORIE	249 kcal	% DAILY AMOUNT *
Carbohydrate	63,9 gr	% 12,4
Dietary Fiber	9,8 gr	% 39,2
Fat	0,9 gr	% 1,4
Protein	3,3 gr	% 6,6
Cholesterolo	0 mg	
Calcium	0 mg	
Potassium	680,0 g	% 19,4
Vitamin A*	10.0 IU	% 0,2
Vitamin C*	1.2 mg	% 2,0
Iron*	2,0 mg	% 11,3
Calcium*	162,0 mg	% 16,2

* 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

		10 kg	5 kg	4x2,5 kg	200 gr (60x200 gr)
CARGO	20' DC	1.600 boxes	3.200 boxes	1.500 boxes	1.250 boxes
	40' DC	2.000 boxes	5.000 boxes	2.500 boxes	2.000 boxes
PALLETIZED	20' DC/ 14 pallet	1.008 boxes	2.600 boxes	900 boxes	1.008 boxes
	40' DC/ 28 pallet	2.000 boxes	5.000 boxes	1.700 boxes	2.000 boxes

SIZE PC/KG

No:1	35 – 40 Pcs/KG
No:2	41 – 45 Pcs/KG
No:3	46 – 50 Pcs/KG
No:4	51 – 55 Pcs/KG
No:5	56 – 60 Pcs/KG
No:6	61 – 65 Pcs/KG
No:7	66 – 70 Pcs/KG
No:8	71 – 80 Pcs/KG
No:9	81 – 100 Pcs/KG