



RAISINS

Produce of
TURKEY

Raisins contain boron minerals which strengthen concentration by increasing brain functions.

Raisins are rich in magnesium mineral, which strengthens bone and nerve tissue, helps muscles work and regulates heartbeat and also contains iron mineral, which is vital for blood formation and should be supplemented especially for pregnant women. The potassium contained in it is an essential mineral for the nervous system and regular heart rhythm.

The inositol contained in Raisins helps to increase the cholesterol level and is a vitamin necessary for hair growth.

In addition, raisins contain vitamin B1, which is necessary for burning blood sugar, brain functions such as learning and protecting heart health.

NUTRITIONAL VALUES 100 Grams

CALORIES	304 kcal	% DAILY AMOUNT*
Carbohydrate	66,8 gr	% 15,2
Dietary Fiber	3,4 gr	% 13,7
Fat	1,3 gr	% 2,0
Protein	3,0 gr	% 6,0
Cholesterol	0 mg	
Calcium	77 mg	% 7,7
Potassium	813,0 g	% 23,2
Vitamin A *	17.0 IU	% 0,3
Vitamin C *	13.7 mg	% 22,8
Iron*	22,8 mg	% 11,3

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

CONTAINER LOADING DETAILS

		10 kg
CARGO	20' DC	1.500 boxes
	40' DC	2.500 boxes
PALLETIZED	20' DC/ 14 pallets	1.000 boxes
	40' DC/ 28 pallets	2.000 boxes

TYPE* PIECE/100 Gr

No:7	650+ Pcs/100 gr
No:7,5	650+ Pcs/100 gr
No:8	501 - 650 Pcs/100 gr
No:8,5	501 - 650 Pcs/100 gr
No:9	371 - 500 Pcs/100 gr
No:9,5	371 - 500 Pcs/100 gr
No:10	301 - 370 Pcs/100 gr
No:10,5	301 - 370 Pcs/100 gr
No:11	300 Pcs/100 gr

* The given information is valid for the type of seedless yellow raisins!