



HAZELNUT

Produce of
TURKEY



www.tracellular.com.tr

Hazelnuts are rich in vitamin E.

It contains unsaturated fatty acids, phytochemicals, fiber and vitamin E as well as minerals such as calcium, potassium and magnesium.

Unprocessed raw nuts also contain protein, antioxidant, carbohydrate, B riboflavin, thiamine, niacin, pyridoxine, pantothenic acid and zinc. Raw hazelnuts have many benefits which include prevention from heart attack to balancing sugar in the blood, provides 100 percent of the energy needed by the body when a handful is consumed daily. In addition, raw hazelnuts are very useful for skin and digestion.

What are the Benefits of Hazelnut?

Raw hazelnuts help prevent clogging by protecting the vascular walls.

Thanks to its high antioxidant, it reduces aging by removing harmful cells in the body and protecting the health of other cells.

It reduces the risk of cancer by reducing the number of cells with degraded DNA and tumor.

Raw hazelnut which is rich in vitamin B6 activates the nerves in the brain.

NUTRITIONAL VALUES 100 grams

| CALORIE | 628 kcal | % DAILY AMOUNT * |
|---------------|----------|------------------|
| Carbohydrate | 16,7 gr | % 5,6 |
| Dietary Fiber | 9,7 gr | % 38,8 |
| Fat | 60,8 gr | % 93,5 |
| Protein | 14,9 gr | % 29,9 |
| Cholesterol | 0,0 mg | % 0,0 |
| Calcium * | 114,0 mg | % 11,4 |
| Potassium | 680,0 mg | % 19,4 |
| Vitamin A* | 20,0 IU | % 0,4 |
| Vitamin C* | 6,3 mg | % 10,5 |
| 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

| | | 10 kg Vacuum Bag |
|------------|----------------------|------------------|
| CARGO | 20' DC | 1250 boxes |
| | 40' DC | 2500 boxes |
| PALLETIZED | 20' DC/ 14 pallet | 1000 boxes |
| | 40' DC/ 28 pallet | 2000 boxes |