



WALNUT

Produce of
TURKEY



www.tracellar.com.tr

Rich in Omega-3 fatty acids, walnut is one of the powerful foods that are beneficial for heart and vascular health.

What Are the Benefits of Walnut?

Rich in Omega-3 fatty acids, walnut provides individual benefits for the brains health.

It facilitates digestion thanks to its high fiber. It controls stomach acid. It reduces the severity of reflux and ulcer diseases. It also regulates the intestinal flora and ensures the digestion of food. It resolves constipation problem.

Walnut containing melatonin substance is also good for sleep problems.

It strengthens bones and teeth. In addition, It is very effective in improving skin and hair health. Walnut, which strengthens the hair follicles, prevents shedding and damage too. It also prevents acne and acne formation by renewing the skin dermis layer. It delays aging.

NUTRITIONAL VALUES 100 Grams

CALORIE	654 kcal	% DAILY AMOUNT *
Carbohydrate	13,7 gr	% 4,6
Dietary Fiber	6,7 gr	% 26,8
Fat	65,2 gr	% 100,3
Protein	15,2 gr	% 30,4
Cholesterol	0,0 mg	% 0,0
Calcium*	98,0 mg	% 9,8
Potassium	441,0mg	% 12,6
Vitamin A*	20,0 IU	% 0,4
Vitamin C*	1,7 mg	% 2,8
Iron*	2,9 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

		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