

Iranian Dried Figs



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Iran is one of the largest producers of dried figs in the world

Forty thousand tons of dried figs are produced in Iran every year

It is interesting to know that dried figs are naturally dried by the sun

No additives are used in its preparation and production, and it has a long shelf life due to its low humidity

Persian dried figs are very sweet and rich in vitamins, and doctors place great emphasis on its consumption for the treatment of digestive diseases.





Nutritional value of Iranian dried figs

Vitamin And Calories

A	123 mg	Sodium	3 mg
C	2 mg	Calcium	169 mg
K	3.9 mg	Potassium	976 mg
Iron	0.122 mg	Zinc	0.49
B1	0.022 mg	Phosphorus	161 mg
B2	0.122 mg	Energy	285 kcal
B3	0.93 mg	Carbohydrates	61.2 grams
B6	0.436	Fiber	9.8 grams
Folic acid	92 mg	Fat	0.9 grams
Magnesium	620 mg	Sugar	48.6 grams



Packaging in different sizes and colors with a shelf life of up to two years

At the factory, we separate the dried figs once by seed size and then separate them into several batches by color.

Small Size : The Name Of The Fig Is **A** And Its Size Is From **14 To 16 mm**

Medium Size : The Name Of The Fig Is **AA** And Its Size Is From **17 To 19 mm**

Large Size : The Name Of The Fig Is **AAA** And Its Size Is From **20 To 23 mm**

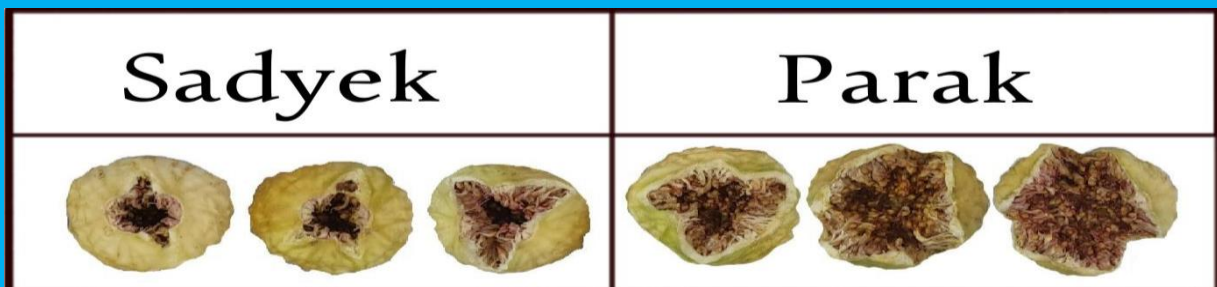
Fig seeds are divided into three categories in terms of color: good quality is yellow to white, normal quality is light brown to yellow, and poor quality is dark brown.



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So far, with these explanations, you will understand that Iranian dried figs are divided into three sizes and each size is divided into three colors. In addition to these, Iranian dried figs are divided into three categories based on their shape, which are known as closed figs, Sadyek figs, and parak figs. Pay attention to the pictures.

We at the factory are ready to provide our products to customers in all parts of the world with the best quality and reasonable price.



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