



MB INDUSTRY

## dried fruits

### 1. RAISINS

Raisins are the dried fruits of grape-vine. They are brown to black in colour and some varieties are golden. Raisins are the most consumed dried fruit in the world due to affordability and cultural spread. Raisins are an alternative natural sweetener, an important source of potassium, calcium, magnesium, phosphorus, zinc and iron. They contribute to bone strength, prevention of tooth decay. They are suitable for bakery products, cakes, Christmas cakes, breakfast mixes or smoothies.

Composition: 99.5 % dried raisins, < 0,5 % of sunflower oil. Country of origin: Turkey

Allergens: 0

Nutritional values per	100 g
Energetic value	1238 kJ/291 kcal
Fats	0,5 g
of which saturated fatty acids	0,2 g
Carbohydrates	68,0 g
of which sugars	52,3 g
Fibre	8,7 g
Proteins	2,5 g
Salt	0,01 g

### 2. APRICOTS

Apricots are native to North China and have a velvety orange colour. They contain vitamins A, C, B2, B3, B5, B6, B9, K, E, magnesium, calcium, silicon, potassium and iron. The world's largest producer of dried apricots is Turkey and China. Dried apricots are a good source of roughage. Country of origin: Turkey, Iran, Afghanistan

Allergens: 0

Nutritional values per	100 g
Energetic value	1062 kJ / 251 kcal
tuky	0,20 g
of which saturated fatty acids	0,10 g
Carbohydrates	51,00 g
of which sugars	
Fibre	11,00 g
Proteins	5,30 g
Salt	0,03 g

### 3. DATES

Date palm fruits have the highest energy value of all fruits. They have a very low water content relative to the high carbohydrate content. Dried dates are particularly rich in potassium and vitamins B1, B2, B3, B5, B9, A, E and K. The dates also contain calcium, copper, iron and magnesium. Fresh and dried are fast energy sources.

Ingredients: 100% dried pitted dates. Country of origin: Iran

Allergens: 0

Nutritional values per	100 g
Energetic value	1174 kJ/280 kcal



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Fats	0,53 g
of which saturated fatty acids	0,1 g
Carbohydrates	65 g
of which sugars	57 g
Fibre	8,7 g
Proteins	1,85 g
Salt	0,035 g

### 4. PLUMS

Plums are drupes of blue to violet colour, slightly sweetish taste. Dried are very popular for their distinctive taste, either alone as a healthy snack or, for example, seasoning meat dishes. Plums have a favourable content of pro-vitamin A, vitamins B1, B2, and P. Very valuable is their content of minerals such as potassium, phosphorus, calcium, magnesium and iron. Ingredients: Dried pitted plums, sunflower oil. Country of origin: Argentina, Bulgaria

Allergens: 0

Nutritional values per	100 g
Energetic value	1077 kJ/257 kcal
FAts	0,38 g
of which saturated fatty acids	0,08 g
Carbohydrates	64,00 g
of which sugars	38,00 g
Fibre	7,50 g
Proteins	2,10 g
Salt	< 0,01 g

### 5. LARGE-FRUITED CRANBERRY

These are the fruits of large-fruited cranberry, originally coming from Canada. Its berries - cranberries have a very similar chemical composition to blueberry, but have a different taste and other effects. Cranberries are recommended as a natural remedy for disrupting the intestinal microflora, especially if it is due to the use of antibiotics. Eating cranberries is also recommended for urinary tract inflammations. Country of origin: USA

Allergens: 0

Nutritional values per	100 g
Energetic value	1288 kJ/308 kcal
Fats	1,09 g
of which saturated fatty acids	0,088 g
Carbohydrates	82,80g
of which sugars	72,56 g
Fibre	5,3 g
Proteins	0,17 g
Salt	< 0,01 g

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