



Healthy Dry Fruits

The Dried Fruit Company



Welcome to The Dried Fruit Company, where we pride ourselves on delivering the finest quality dried fruits that will tantalize your taste buds and nourish your body.



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ABOUT US

Welcome to The Dried Fruit Company, where we pride ourselves on delivering the finest quality dried fruits that will tantalize your taste buds and nourish your body. With a passion for exceptional flavor and uncompromising quality, we have established ourselves as a trusted provider of premium dried fruits and nuts.

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Dried Figs



The chewy flesh with natural sweet flavour is not only a treat to bite into but also provides you nutrition.

The high fiber content in figs/Anjeer helps in maintaining a healthy digestive system, thus also aids in preventing constipation.

Dried Anjeer/ figs are a good source of calcium which helps in bone health. The high potassium content in fig helps in regulating the blood sugar level in the body.

Figs are used as a sweetener can be used in cakes, pudding, custards or jams. Anjeer is extensively used in making Indian sweets like barfi and halwa

Vegan, Non-GMO and fat free with no preservatives.

Nutritional Information: Calories 249 kcal, Protein 3.3g, Total Carbohydrates 63.87g

Serving Recommendation: Dried figs are high in sugar and high in calories, so they should be eaten in moderation because they are more effective than fresh figs in treating constipation.

Cashew Nuts



Diet Type: Vegetarian **Good for an active lifestyle** perfect for healthy snacking. **Nutritional Information:** Calories 553 kcal, Protein 18g, Total Carbohydrates 30g **Serving Recommendation:** Include extra cashews on your eating regimen additionally has a few disadvantages. If possible, take into account to pick out unsalted uncooked or roasted varieties. **Product Benefit :** Cashew nuts are wealthy in fiber, protein, and healthful fats. **Allergen Information:** May contains traces and shell pieces of nuts, seeds and other tree nuts.

Dried Apricots



Dried apricots are made from fresh apricots that have had most of their moisture removed, resulting in a chewy, sweet, and slightly tangy snack. Here are some key points about dried apricots:

Nutritional Benefits

Rich in Nutrients: They are a good source of vitamins A and C, potassium, and dietary fiber.

Antioxidants: Dried apricots contain antioxidants that help combat oxidative stress in the body.

Pistachio Nuts



Diet Type: Vegetarian Good Source of Copper, Phosphorous, Potassium and Magnesium.

Nutritional Information: Calories 562 kcal, Protein 20g, Total Carbohydrates 28g

Serving Recommendation: 28 grams of pistachios contains 159 calories

Product Benefit : Pistachios are a crucial supply of healthy fats, fiber, protein, antioxidants and varied nutrients together with vitamin B complex and thiamine.

Allergen Information: May contain traces and shell pieces of nuts, seeds and other tree nuts.

Dried Dates



Our range of products include The Dried Fruit Company 500g Dried Dates and The Dried Fruit Company 250g Dried Dates Kharik. The Dried Fruit Company 500g Dried Dates.

California Almonds



Diet Type: Vegetarian

Nutritional Information: Calories 579 kcal, Protein 21.2g, Total Carbohydrates 21.6g

Serving Recommendation: This 30 grams of food contains the same amount of calcium as 1/4 cup of milk.

Product Benefit : Almonds help keep the heart healthy. They lower low-density lipoprotein (harmful) cholesterol and contain vitamin E, magnesium and potassium, which help oxygen and nutrients move more freely in the blood.

Allergen Information: May contains traces and shell pieces of nuts, seeds and other tree nuts.

Chile Walnuts



Our non-gmo zero-gluten walnuts are a great source of omega-3 fat
Perfect for travelling adding to trail mixes snacking on and even in kid's dishes
Walnuts may even help control your appetite and weight
These kernels are easy to add to your diet as there are plenty of ways to add them in your favourite recipes
Low calorie nut
Walnuts contain plenty of dietary fibres vitamins and minerals
With presence higher than any other common nut they help you stay healthy and fit forever.

Golden Raisin



Diet Type: Vegetarian

Nutritional Information: Calories 299 kcal, Protein 3.1g, Total Carbohydrates 79g

Serving Recommendation: Sugar and calories should be consumed in moderation

Product Benefit : Raisins are rich in fiber, potassium, and antioxidants.

Allergen Information: May contains traces and shell pieces of nuts, seeds and other tree nuts.

Mixed Nuts



Mixed Nuts are delicious and nutritious snacks that offer a wide range of health benefits. Eating a handful of mixed nuts each day can help keep you healthy, fit, and energized. Benefits of eating mixed nuts dried fruits and why they're a great addition to any diet. From providing essential vitamins and minerals to reducing inflammation and helping to control blood sugar levels, the health benefits of nuts are undeniable. So let's dive in and learn more about why adding mixed nuts dry fruits to your daily diet can have such a positive impact on your overall health.

Contact Us



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