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Araz

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Araz Trading Company

Araz Trading Company was established years ago with the efforts and hard work of a group of gardeners and agricultural engineers in the fertile lands of the Middle East. From the beginning, the company considered its fundamentals of producing organic and high-quality products and used all its efforts to achieve this goal. Using advanced equipment and machinery with experienced and expert personnel, this company strives to produce distinctive and high-quality products providing its customers worldwide with cutting-edge and up-to-date laboratories and testing products in terms of quality.





Peanuts

Peanut is a rich source of protein, dietary fiber, and healthy fats; and is similar to walnuts and almonds in terms of taste and nutritional value and are used as raw or salted. This product is also used in manufacturing products such as oil and peanut butter.

Peanuts Nutrients value

Nutrients	Amount per 100 grams
Calories	567
Fat	49 g
Potassium	705 mg
Carbohydrate	16 g
Protein	26 g
Sodium	18 mg
Dietary fiber	9 g
Protein	26 g

Types of Peanuts

- Roasted in-pod-peanuts
- Raw in-pod-peanuts
- Salt in-pod-peanuts
- White Kernel Peanuts
- And so on.



Pistachio

Pistachio is one of the most popular and high-quality products rich in fiber, protein, vitamins, healthy fats, and various antioxidants; this product has a small tree and is native to Middle Asia and the Middle East. The Fruits of this tree can be used raw or processed. It is also worth mentioning that the pistachio plant is very resistant to dehydration and saline soil.

Types of Pistachio

- Round Pistachio (Fandoghi)
- Akbari
- Jumbo (Kale Ghoochi)
- And so on.



Nutrients	Amount in 100 g
Energy	562 K calories
Carbohydrate	5 g
Fiber	3 g
Protein	03 g
Fat	39 g
Potassium	1025 mg
Phosphorus	490 mg
Vitamin B6	700 mg
Manganese	1.2 mg

Pistachio Nutritional value



Walnut

Walnuts are an excellent source of protein, antioxidants, fiber, etc. This product is offered both raw and salty. You can also use this product for cooking various foods; this product contains large amounts of antioxidants, strengthening the immune system.

Walnut Nutritional Value

Nutrients	Amount in 100 g
Calories	654 kcal
Water	4.07 g
Carbohydrate	13.71 g
Sugar	2.61 g
Protein	15.23 g
Fiber	6.7 g
Fat	65.21 g

Types of Walnut

- Paper-Shell walnut
- Tuyserkan Walnut
- Cluster Walnuts
- And so on.





Hazelnut

Hazelnut contains large amounts of nutrients, proteins, fats, vitamins, minerals, etc., that the body requires. This product has a very high nutritional value and, in most cases, is consumed along with other nuts.

Types of Hazelnuts

- Butler
- Clark
- Ennis



Nutrients	Amount in 100 g
Calories	628 K calories
Iron	4.7 mg
Cholesterol	0 mg
Sodium	0 mg
Potassium	680 mg
Dietary fiber	10 g
Sugar	4.3 g
Protein	15 g

Hazelnut Nutritional value



Almond

Almonds are helpful edible seeds that are obtained from the almond tree. This tree is native to the Middle East and is cultivated in many countries. Almond can be used in various mixed nuts in raw or spice form or to make almond milk, oil, butter, flour, or cream. Almond is one of the most popular nuts globally; it is very nutritious and rich in fat and antioxidants such as vitamins and minerals.

Almond Nutritional Value

Nutrients	Amount in 100 g
Energy	576 K calories
Carbohydrate	69 g
Fiber	2 g
Protein	22 g
Fat	42 g
Vitamin E	2 mg
Magnesium	268 mg
Manganese	285 mg

Types of Almonds

- Mamaie Almonds
- White Almonds
- Stone Almonds
- Bitter Almonds
- And so on.



Pumpkin seeds

One of the most delicious and popular types of seeds is the Pumpkin seed, which its oval seeds are rich in minerals, magnesium, fiber, and iron. This product benefits weight loss and is very useful for people with diabetes.

Types of Pumpkin Seeds

- White Pumpkin Seeds
- Fleshy Pumpkin Seeds
- Small Pumpkin Seeds
- And so on.



Nutrients	Amount in 100 g
Calories	574 K Calories
Carbohydrate	14.71 g
Protein	29.84 g
Fat	29.84 g
Water	49.05 g
fiber	2.03 g
Sugar	1.29 g
Cholesterol	0.00 mg

Pumpkin Seeds Nutritional Value



Sunflower Seeds

This product is the fruit of sunflower and contains minerals and vitamins needed by the body. With hot and dry nature, Pumpkin seeds are rich in omega-3 and oil; besides, they are essential in various food industries. This product is produced organically, tastes excellent, and is used as raw or salty roasted.

Sunflower Seeds Nutritional value

Nutrients	Amount in 100 g
Calories	570 K calories
Total fat	49.57 g
Saturated fat	5.195 g
Iron	6.77 g
Calcium	116 mg
Carbohydrate	18.76 g
Protein	22.78 g
Potassium	689 mg
Sodium	3 mg

Types of Sunflower Seeds

- Large Black Sunflower seeds
- Small black sunflower seeds
- White Sunflower seeds
- Round white sunflower seeds
- And so on.



Dried Fruit

One of the most important advantages of dried fruit compared to fresh fruit is its shelf life, which means that dried fruit can be stored for a few months and even a few years without refrigeration; another advantage of dried fruit compared to fresh fruit is the volume of space it occupies, because dried fruit needs less storage space after losing water. Among the dried fruits produced in Henzak Trading Company are the following:

- Dried Orange
- Dried Strawberry
- Dried Mango
- Dried Kiwi
- And so on.



Packaging

Araz Trading Company packs all its products according to their volume and weight in packages from 100 grams to 1 kg and in two types of crystals container (100, 150, 200, 250 and 250 300 Grams) and Kraft Envelope (100, 150, 200, 250 and 350, 500, 750 and 1000 Grams) sending to its customers worldwide. Also, Araz Trading Company sends products in bulk, in 5, 10, and tens of kilos cardboard boxes. The packages are vacuumed to prevent air from entering.





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