



ALRABEA AGRO

"Preserving nature's best with quality you can trust, in every bite."

DRIED PRODUCTS

www.alrabea-agro.com



ALRABEA AGRO COMPANY

Our company was founded with a passion for delivering the finest quality dried fruits and vegetables to consumers worldwide.

With a commitment to health, sustainability, and superior taste, we utilize advanced drying techniques that carefully preserve the natural flavors, textures, and nutrients of each product. From hand-picked, farm-fresh produce to expertly crafted drying processes, we ensure that every piece of fruit and vegetable retains its wholesome goodness.

We take pride in offering a diverse selection of premium dried fruits and vegetables, including sun-ripened tomatoes, succulent apricots, crisp apples, and nutrient-dense greens, among many others.

Each product is thoughtfully sourced from the best farms, ensuring freshness and quality with every bite. Our products are not only delicious but are also packed with essential vitamins, minerals, and fiber, making them a perfect snack or ingredient for health-conscious individuals.

With a focus on sustainability and innovation, we aim to reduce food waste and extend the shelf life of natural produce, bringing the rich flavors of the harvest to your table all year round.

Whether you're a chef looking for gourmet ingredients or a busy professional seeking convenient and healthy snacks, our dried fruits and vegetables offer a delicious solution to suit your lifestyle.

Our commitment to quality and customer satisfaction drives us to continuously improve and expand our product line, making healthy eating more accessible to everyone.



#Dried Tomatoes

- Sun-dried tomatoes are fresh tomatoes that have been slowly dried under the sun or using industrial drying techniques.
- They retain a concentrated, sweet, and slightly tangy flavor compared to fresh tomatoes.
- Sun-dried tomatoes are often used in Mediterranean dishes such as salads, pizzas, pasta, and meat dishes.
- These nutrient-rich tomatoes provide a burst of flavor and are an excellent addition to various recipes, enhancing both taste and texture.
- Sun-dried tomatoes are particularly high in potassium, iron, and fiber, making them a great option for boosting mineral intake.
- They are also a good source of antioxidants, including lycopene, which supports heart health.

Nutrient	Amount per 100g
Calories	258 kcal
Protein	14.1 g
Fat	2.97 g
Carbohydrates	55.8 g
Fiber	12.3 g
Vitamin C	39.2 mg (65% DV)
Iron	9.1 mg (50% DV)
Potassium	3427 mg (98% DV)
Magnesium	194 mg (49% DV)



#Dried Apricots

- Dried apricots are fresh apricots that have been dehydrated to remove moisture, resulting in a sweet and chewy fruit.
- Rich in vitamins A and C, potassium, and dietary fiber, they are a popular snack and ingredient in desserts, salads, and cereals.
- Dried apricots are rich in antioxidants and help promote healthy digestion due to their fiber content.

Nutrient	Amount per 100g
Calories	241 kcal
Protein	3.39 g
Fat	0.51 g
Carbohydrates	62.64 g
Fiber	7.3 g
Vitamin A	3600 IU (120% DV)
Potassium	1162 mg (33% DV)



#Dried Mushrooms

- Dried mushrooms are fresh mushrooms that have been dehydrated to concentrate their earthy flavor and extend their shelf life.
- Commonly used in soups, stews, and sauces, they are a versatile ingredient, providing a rich umami taste.
- Dried mushrooms are rich in vitamin D and potassium, making them a beneficial addition to any diet.

Nutrient	Amount per 100g
Calories	284 kcal
Protein	9.6 g
Fat	2.2 g
Carbohydrates	66.1 g
Fiber	4.5 g
Vitamin D	154 IU (39% DV)
Potassium	1550 mg (44% DV)



#Dried Apples

- Dried apples are apple slices that have been dehydrated, offering a naturally sweet and chewy snack.
- They are rich in dietary fiber and antioxidants like vitamin C, making them a healthy and satisfying treat.
- Dried apples are low in calories and high in fiber, contributing to digestive health and providing a satisfying snack.

Nutrient	Amount per 100g
Calories	243 kcal
Protein	0.93 g
Fat	0.32 g
Carbohydrates	65.9 g
Fiber	8.7 g
Vitamin C	6.9 mg (12% DV)
Potassium	450 mg (13% DV)



#Dried Figs

- Dried figs are naturally sweet and chewy fruits that have been dehydrated to remove most of their water content.
- They are packed with nutrients, including fiber, vitamins, and essential minerals like calcium, iron, and potassium.
- Dried figs are commonly enjoyed as a snack or added to baked goods and salads.
- Dried figs are a rich source of fiber and calcium, supporting digestive health and bone strength.

Nutrient	Amount per 100g
Calories	249 kcal
Protein	3.3 g
Fat	0.9 g
Carbohydrates	63.9 g
Fiber	9.8 g
Calcium	162 mg (16% DV)
Iron	2.03 mg (11% DV)
Potassium	680 mg (19% DV)



#Dried Peaches

- Dried peaches are sweet and chewy fruits that retain much of the flavor of fresh peaches.
- They are a good source of vitamins A and C, fiber, and potassium.
- Dried peaches are often enjoyed as a snack or added to cereals and baked goods.
- Dried peaches are high in fiber and potassium, making them a heart-healthy snack option.

Nutrient	Amount per 100g
Calories	239 kcal
Protein	2.8 g
Fat	0.5 g
Carbohydrates	62.7 g
Fiber	8.7 g
Vitamin A	2300 IU (46% DV)
Vitamin C	4.0 mg (7% DV)
Potassium	732 mg (21% DV)



#Dried Bananas

- Dried bananas, often called banana chips, are slices of bananas that have been dried and often lightly fried.
- They are a tasty, crunchy snack rich in potassium and carbohydrates, making them an energy-boosting snack.
- Banana are a good source of potassium, essential for heart health and muscle function.

Nutrient	Amount per 100g
Calories	519 kcal
Protein	2.3 g
Fat	33.6 g
Carbohydrates	58.4 g
Fiber	7.7 g
Potassium	536 mg (15% DV)





Nutritional Analysis for Dried Fruits & Vegetables (per 100g)

Product	Calories	Protein	Fat	Carbohydrates	Fiber	Vitamin A	Vitamin C	Potassium	Other Key Nutrients
Sun-Dried Tomatoes	258 kcal	14.1 g	2.97 g	55.8 g	12.3 g	-	39.2 mg	3427 mg	Iron: 9.1 mg
Dried Apricots	241 kcal	3.39 g	0.51 g	62.64 g	7.3 g	3600 IU	-	1162 mg	-
Dried Mushrooms	284 kcal	9.6 g	2.2 g	66.1 g	4.5 g	-	-	1550 mg	Vitamin D: 154 IU
Dried Apples	243 kcal	0.93 g	0.32 g	65.9 g	8.7 g	-	6.9 mg	450 mg	-
Dried Spinach	323 kcal	30.8 g	1.49 g	42.3 g	10.7 g	5000 IU	-	-	Iron: 9.2 mg, Calcium: 530 mg
Dried Figs	249 kcal	3.3 g	0.9 g	63.9 g	9.8 g	-	-	680 mg	Calcium: 162 mg, Iron: 2.03 mg
Dried Peaches	239 kcal	2.8 g	0.5 g	62.7 g	8.7 g	2300 IU	4.0 mg	732 mg	-
Dried Bell Peppers	314 kcal	10.9 g	2.3 g	68.3 g	27.4 g	9376 IU	72 mg	1550 mg	-
Dried Carrots	341 kcal	8.3 g	1.9 g	78.6 g	24.7 g	8357 IU	-	1179 mg	-
Dried Bananas	519 kcal	2.3 g	33.6 g	58.4 g	7.7 g	-	-	536 mg	-
Dried Zucchini	256 kcal	14.2 g	3.7 g	47.8 g	15.6 g	2800 IU	13 mg	2062 mg	-

