



PAKISTAN DRY FRUITS



TRADE DEVELOPMENT AUTHORITY
OF PAKISTAN





TDAP INTRODUCTION

Trade Development Authority of Pakistan is the premier trade promotion organization mandated to develop and promote products and services of the country in international markets.

TDAP implements policies and directives of Federal Government and its Board of Directors for enhancing, promoting and facilitating trade.

TDAP supports and facilitates businesses through latest information and capacity building initiatives to enhance and improve their leverage in international trade.

To achieve its objectives, TDAP organizes as well as participates in local & international trade fairs, country specific exhibitions, trade delegations, conducts seminars and organizes contacts and information exchange events both physically as well on digital platforms.

This publication is part of the efforts of TDAP to share details and showcase Pakistan's products and services in international markets.

INTRODUCTION

Pakistan is blessed with a rich diversity of climate and soil, which enables the country to become home to an amazingly large variety of flora and fauna. The flora of the country includes multiple types of trees, plants, shrubs and vines that bear the fruits and nuts of different kinds. Some of these fruits are later dried through different methods and are called as dried fruits. The country produces various kinds of dried fruits and nuts, e.g., dried Apricots, Pears, Plums, Almonds, and Walnuts etc. In Pakistan, the dried fruits and nuts are mainly grown in Balochistan, Khyber Pakhtunkhwa, and Gilgit-Baltistan. Quetta, Pishin, Zhob, Kalat, and Loralai in Balochistan; Peshawar, Swat, Mardan, Bunir, and Chitral in Khyber Pakhtunkhwa; and Hunza, Skardu, Shighar, Roundu, Khaplu, and Baltistan in Gilgit-Baltistan, are the main dried fruits and nuts producing districts of the country. Dried fruits are widely used by the confectionery, baking, and sweets industries. These industries use dried fruits and nuts in various sauces, soups, marinades, garnishes, puddings, chocolates, bakery items and food for infants and children. Pakistan has been exporting dried fruits and nuts in a sizeable quantity. The dried fruits and nuts, exported from the country are of premium quality as they are selected, graded, processed and packaged very carefully in order to meet the requirement of the costumers in various countries, and in accordance with international standards.



Nutrition Facts	
Serving Size	100 g
Amount Per Serving	
Calories	579
% Daily Value *	
Total Fat 50g	64 %
Saturated Fat 3.8g	19 %
Sodium 1mg	0 %
Total Carbohydrate 22g	8 %
Dietary Fiber 13g	46 %
Sugar 4.4g	
Protein 21g	42 %
Vitamin D 0.00mcg	0 %
Calcium 269.00mg	21 %
Iron 3.71mg	21 %
Potassium 733mg	16 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.

<https://www.nutritionvalue.org/>

Nutrition Facts

Serving Size 100 g

Amount Per Serving

Calories 647

% Daily Value *

Total Fat 65g 83 %

Saturated Fat 5.9g 30 %

Total Carbohydrate 15g 5 %

Dietary Fiber 5.9g 21 %

Sugar 2.9g

Protein 15g 30 %

Vitamin D mcg N/A

Calcium 118.00mg 9 %

Iron 3.18mg 18 %

Potassium mg N/A

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Nutrition Facts

Serving Size 100 g

Amount Per Serving

Calories 239

% Daily Value *

Total Fat 0.8g 1 %

Saturated Fat 0.1g 0 %

Sodium 7mg 0 %

Total Carbohydrate 61g 22 %

Dietary Fiber 8.2g 29 %

Sugar 42g

Protein 3.6g 7 %

Vitamin D 0.00mcg 0 %

Calcium 28.00mg 2 %

Iron 4.06mg 23 %

Potassium 996mg 21 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.

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PEAR, DRIED

Nutrition Facts

Serving Size 100 g

Amount Per Serving

Calories 262

% Daily Value *

Total Fat 0.6g 1 %

Sodium 6mg 0 %

Total Carbohydrate 70g 25 %

Dietary Fiber 7.5g 27 %

Sugar 62g

Protein 1.9g 4 %

Vitamin D 0.00mcg 0 %

Calcium 34.00mg 3 %

Iron 2.10mg 12 %

Potassium 533mg 11 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.

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APRICOT, DRIED

Nutrition Facts

Serving Size 100 g

Amount Per Serving

Calories 241

% Daily Value *

Total Fat 0.5g 1 %

Sodium 10mg 0 %

Total Carbohydrate 63g 23 %

Dietary Fiber 7.3g 26 %

Sugar 53g

Protein 3.4g 7 %

Vitamin D 0.00mcg 0 %

Calcium 55.00mg 4 %

Iron 2.66mg 15 %

Potassium 1162mg 25 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.

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DRY FRUITS EXPORTS DATA

Unit: US Dollar thousand

HS Code	Description	2015	2016	2017	2018	2019	Top export destination
80212	Almonds	1174	1075	739	1,643	2,167	Germany
80231	Walnuts	88	16	1	1	983	United Arab Emirates
80290	Others...	274	307	281	122	412	Maldives
80620	Dried Grapes	822	42	157	28	24	Saudi Arabia
81340	Dried Peaches, Pears etc	66,387	58,530	27,929	29,180	13,591	United Arab Emirates
81350	Mixture of Fruits and Nuts	404	753	888	490	752	Maldives
81310	Dried Apricots	1,638	1,214	980	1,371	1,538	Viet Nam

Source: Trade Map



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