

DATES

INDIAN DATES EXPORTERS

- Dates are fruits are around 3-7 cm long, cylindrical, containing a seed at the centre. They are sweet in taste and have a high sugar content even when dried. Dates are a staple to the Middle-East. The Dates exporter in India exports dates to many countries in the world. Due to the various uses and benefits of Dates, the Dates export from India has been increasing over the years. This is, therefore, a good business opportunity for the Indian Dates exporter to expand his business and enter the international market. Various varieties and qualities of Dates are included in the Date export from India.



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INGREDIENTS

Nutrients

Calories - 20 calories, Dietary Fiber - 0.6 g
Carbohydrate 5.33 g

Minerals

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Vitamins

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Protein

0.17g

Fats

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