



2022 PRODUCT CATALOGUE



COMPANY PROFILE



- We, Aytekin Tarım, are producer and exporter of **Natural Fresh Chestnuts** in Turkey since 1967
- Our plant covers an area of 3,600 sqm in Alaşehir Manisa Turkey
- We have been exporting our premium quality products to 12 Countries in Europe and Middle East since 2018
- With highly skilled and motivated personnel, we are organizing the production according to the International Standard
- We keep growing in export business promising “**highest quality, best price and 100% consumer satisfaction**” to our partners
- Our prices are the most competitive ones in Turkey





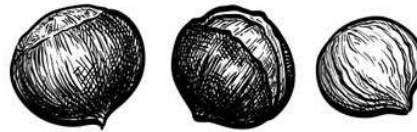


NUTRITIONAL CONTENT OF CHESTNUTS

100 grams of chestnut contains

- Calories- 245 cal
- Protein- 3.2 g
- Carbohydrates- 53 g
- Fats- 2.2 g
- Fibre- 5.1 g

Chestnuts also include a good amount of vitamin C, B5, and B3, along with potassium and magnesium. They have fewer calories than other nuts due to their low-fat content. They also contain more carbohydrates than other nuts.



Chestnut



USES OF CHESTNUTS

Roasting chestnuts in an open fire is the easiest and most common way of consuming them. The outer shell readily cracks up, revealing the juicy white core you can eat. They are made into tasty sweets, blended for a savoury dish, or directly consumed boiled. It's also possible to grind them into flour and produce textured bread. Chestnuts can also be steamed, grilled, or deep-fried. You can use them as toppings for salad and other dishes for flavour and texture.



HEALTH BENEFITS OF CHESTNUTS

Chestnuts are high in vitamin C. Half a cup of raw chestnuts provides 35 to 45 % of the daily vitamin C requirement. On getting boiled, they lose some amount of vitamin C. However, they still carry 15 to 20 % of daily vitamin C requirements. Chestnuts can be roasted at low heat or dried using a food dehydrator to preserve their vitamin C content when cooked. Even after roasting, chestnuts retain a high level of antioxidants. Gallic acid and ellagic acid are two antioxidants that become more concentrated when cooked..

- Provides Antioxidants
- Improves Heart Health
- Rich Source of Fibre
- Controls Blood Sugar
- Helps in Weight Loss
- Lowers Inflammation
- Improves Cognitive Function
- Enhances Red Blood Cells
- Prevents Scurvy
- Increases the Bone Mineral Density



NATURAL FRESH CHESTNUTS

TYPE:

CASTAGNA, MARRONE

SIZE VARIANTS

Size 1 (40-50 pcs/kg)

Size 2 (50-60 pcs/kg)

Size 3 (60-70 pcs/kg)

Size 4 (70-80 pcs/kg)

Size 5 (80-90 pcs/kg)

Size 6 (90-100 pcs/kg)

Size 7 (100-120 pcs/kg)

Size 8 (120-150 pcs/kg)



PACKAGING

5 kgs– 10 kgs – 25 kgs – 50 kgs



NATURAL FRESH CHESTNUTS

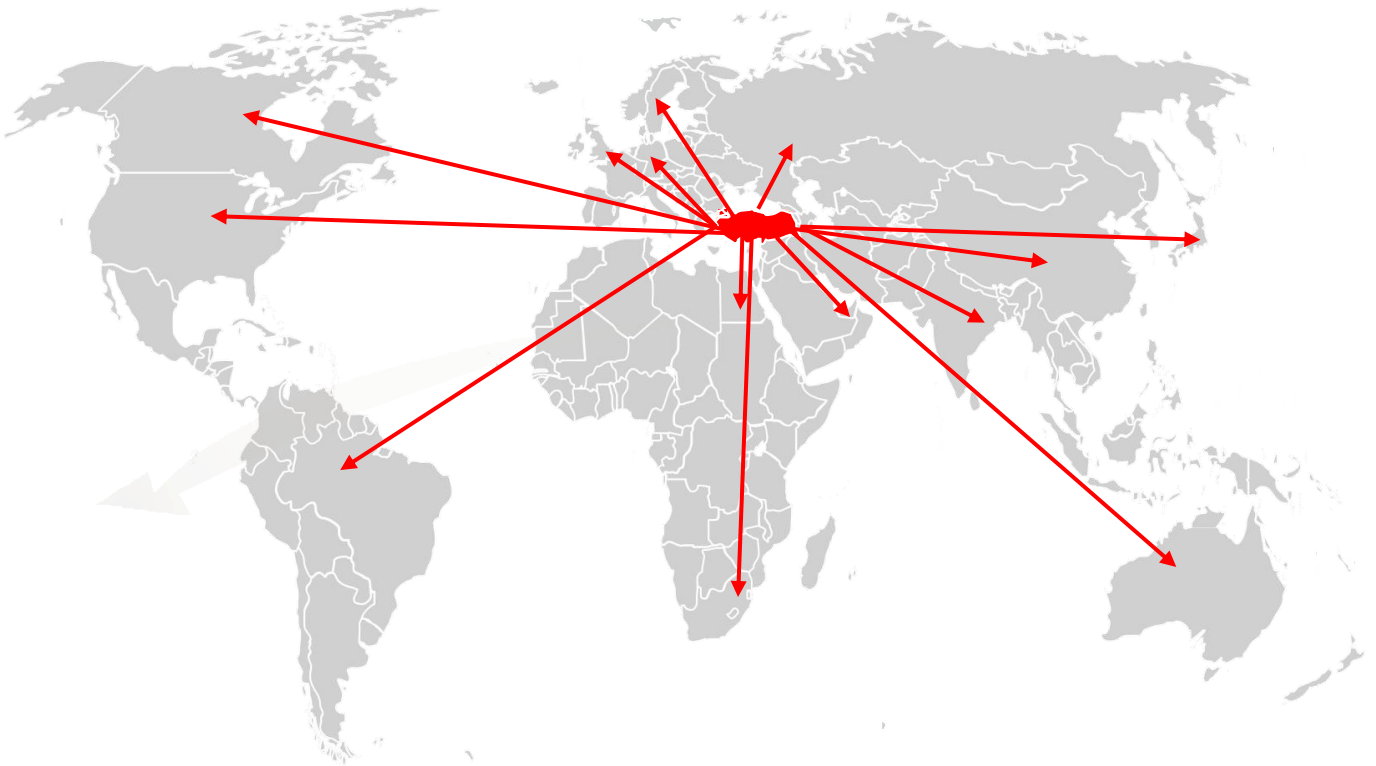


NATURAL FRESH CHESTNUTS





OUR **NATURAL FRESH CHESTNUTS**
FROM **ALASEHIR** TO THE **WORLD**





Aytekin Tarım Ürünleri Ltd Şti

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