

Iranian dates

Mainly in the South, South East, and South West of Iran, there are vast fields of date palm dedicated to date growth. Get the best price of dates in Iran from PAMIRAN. Iranian dates are famous all around the world for their unique taste and their high quality and demand.

We can categorize dates based on their moisture into three categories:

1. Dried.
2. Semi-dried
3. Fresh

Depending on the type of date you request, the conditions of preservation differ. Dried dates can be preserved at room temperature for 24 months, but semi-dried or fresh dates need to be preserved in the refrigerator. If kept in the refrigerator, semi-dried and Fresh dates retain quality for 24 months.

There are several types of Iranian dates such as:

1. **Sayer date**



Persian Sayer date is well-known among many European countries. The Sayer date is semi-dried and has 10-18% moisture. This type of date's color ranges between brown and dark brown.

2. **Mazafati date**



Mazafati's fresh dates range from dark brown to black. Mazafati dates are categorized in different grades depending on their moisture and size, for example: (700-750 gr.)- (600-650 gr.)- (500-550 gr.).

3. **Zahedi date**



Zahedi Date has less moisture compared to other kinds of Dates, and Its moisture is under %14. Iran Zahedi date is well known for its low sugar suitable for diabetes people, and nutritional value. Zahedi dates can be categorized into two groups based on their color: 1. Light colored which is basically amber or creamy color 2. Dark colored which can be dark brown.

4. **Kabkab date**



Kabkab date has a sweet taste and underlying taste which is more suited to the eastern people. Persian Kabkab date is grown in the most tropical parts of Iran. This type of date has a great amount of nectar which is used for date syrup. Kabkab is amongst semi-dry dates. It has a distinctive dark brown color.

5. **Rabbi date**



Rabbi date is one of the most popular types of Iranian dates. Persian Rabbi date belongs in the semi-dried date category with 12%-16% moisture. This long date has dark brown or dark brown-red color and has thin skin. This type of date is a bit narrow and has wrinkly skin.

6. **Piarom** date



Piarom date also known as the chocolate date is considered one of the best semi-dried dates in the world. It is amongst the most luxurious and expensive dates in the world. Iranian Piarom date has been registered as one of Iran's best dates and has a unique shape and taste. It has less than 15% moisture. Iranian Piarom date has dark skin and is almost black. Piarom date is a bit narrow with wrinkly skin.

Persian date's nutritional value

Iranian dates are high in Iron and natural sugar and are a healthy snack for the body. Persian date is a great source of various nutrients of Calcium,

Magnesium, Potassium, and Vitamins such as Vitamin A, Vitamin B, Vitamin C, etc.

Dates are a great energy source. You can consume one handful of dates which is an approximate number of 100 grams on a daily basis.

3.5 ounces of this date which is approximately 100 grams has 277 Cal, 7 grams of fiber, 75 grams of carbs, and 2 grams of protein.

Dates usage in our daily diet

Since dates are a great source of fibers, proteins, and energy. They can enhance the function of your brain. Some examples of dates in our daily diet are listed below:

1. Great table snack.
2. Considered as raw material for confectionary use and date paste
3. A great natural sweetener

The benefits of Persian date on your health:

1. It has a lot of antioxidants. Therefore, it is a good factor in preventing different types of cancer.
2. A great choice for enhancing brain function.
3. A suitable choice for people with digestive problems.

Dates price in Iran

Dates price in Iran depends on the type of Persian date you request. Lots of factors such as the type of the dates, the moisture percentage, size, and quality can affect date prices in Iran.

Mazafati dates price in Iran

Mazafati date's price in Iran varies due to its quality and specifications. Mazafati is among the most expensive dates in Iran. Get the best Mazafati dates price in Iran from PAMIRAN.

To sum it up

If you are starting a healthy lifestyle and want to boost the energy level in your daily meals, Iranian dates can be a perfect choice for you. If you are looking for high-quality Iranian dates online and date prices in Iran, you can check out PAMIRAN website as one of the best date suppliers in Iran and producers of all kinds of Persian products. Don't miss out on this nutritious nut and add it to your daily consumption list.