

Iranian Dried Fig

Iranian dried fig, with about 14 to 18 and sometimes 20 mm grain size, has a variety of colors including white, cream, yellow, or light brown. Fig, which is also known as Anjeer, is considered a superfood. The nutritional value of dried fig Parak is quite impressive.

Figs are probable to get plagues or rot so they better be kept in cold storage rooms and the environment should be clean and without any amount of dirt.

There are several types of Iranian Dried figs such as:

1. Dried fig parak

The nutritional value of dried fig Parak is significantly high. Iranian dried fig Parak is open-mouth.

2. Open-mouth dried fig

The color of an open-mouth dried fig is white color or slightly yellow. We can divide open-mouth figs into different sizes and name categories based on their size:

- 101, AAA: over 23mm in size, completely open-mouth, white or light-yellow color
- 101, AA: same as 101 AAA by size between 21-23mm
- 101, A: same as 101 AAA by size between 18-20mm
- 101, Parak: the mouth is completely open, limited in quantity, luxury, and expensive

3. Close-mouth dried fig

We can categorize Iran close-mouth dried figs into categories based on their size:

- Type A: size 18-21mm, the premium quality is dedicated to white or yellow, price will decrease in the darker colors
- Type AA: size 21-23mm, the premium quality is dedicated to white or yellow, price will decrease in the darker colors
- Type AAA: size larger than 23mm, the premium quality is dedicated to white or yellow, the price will decrease in the darker colors

4. Mixed of open and closed mouth

mixed of open and closed mouth is a mix of high-quality open and closed-mouth dried figs. We can categorize a mix of open and closed mouths into three categories based on their size:

- Type A: 18-21mm
- Type AA: 21-23mm

- Type AAA: size over 23mm

Open month dried fig

- Consider as the finest type in the dried figs market.
- Divide to various types and names, including: 101, 101 Parak,.
- 101, AAA: over 23 mm in size, completely open mouth, White or bright yellow
- 101, AA: same as 101 AAA by size between 21-23.
- 101, A: same as 101 AAA by size between 18-21.
- 101 Parak: the month is completely opened, limited in quantity and expensive



Closed Mouth Dried Figs

- All figs are closed mouth
- The smallest size, 14 to 18 mm
- Color is darker and almost brown.
- A: size 18-21 mm, the premium quality is dedicated to white or yellow, price will decrease in darker color
- AA: size 21-23 mm, the premium quality is dedicated to white or yellow, price will decrease in darker color
- AAA: size larger than 23 mm, the premium quality is dedicated to white or yellow, price will decrease in darker color



Mixed Open & Closed month Dried Figs (S)

- It is mixed of open month and closed month dried fig, price will increase in case of higher percentage of open month
- Grade by size is same as open and close month :
- A: size 18-21 mm
- AA: size 21-23 mm
- AAA: size over 23 mm
- We can also mix different sizes



Iranian Dried Figs Nutritional Value

Iranian Dried Figs are very high in nutritional value and they are a great source of Protein, Fiber, Vitamins, and minerals such as Iron, Magnesium, Vitamin A, Vitamin C, etc. Some researchers believe that figs have antioxidant, anticancer, anti-inflammatory, fat-lowering, and cell-protective traits. Figs can be soaked in ½ cup water overnight and you can consume it the day after. If you eat figs on an empty stomach, it can help you to lose weight.



100 grams of Iranian dried fig has approximately 249kcal, 3.3g Protein, 48g Carbohydrates, 165mg Calcium, 9.8gFiber, etc.

Figs have the following benefits for your health:


1. They help with Diabetes and glucose control.
2. They enhance skin health.
3. Great for digestive disorders
4. They enhance hair health.
5. Great for special dietaries.

Dried Iranian figs price

Iranian figs price depends on the type and quality of the Persian fig that you request.



Dried fig grade **101(AAA)** is the most expensive type of fig and the seeds are light (white and yellow) and relatively large. (Larger than 24 mm) fig seeds are without small and dark seeds.



Dried fig grade **101(AA)** is light and 22 mm and 4% of the seeds are dark.

Dried fig grade **101(A)** is light and its size between 14 to 22 mm and 15% of the seeds are dark.

Dried fig grade **(AA)** is light and 20 mm and 4% of the seeds are dark.