



## AGRICULTURAL PRODUCTS

TARIM ÜRÜNLERİ

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# CRACKED WHEAT

## AGRICULTURAL PRODUCTS

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It is a product obtained by cleaning, boiling, drying and breaking Triticum durum wheat, which is a hard wheat, in accordance with the technique.

Bulgur wheat; It is rich in B group vitamins, potassium, iron and phosphorus. Bulgur is a food with high fiber content. It does not cause fluctuations in blood sugar level too much, it has a protective effect on intestinal and cardiovascular health. Since the potassium content of bulgur is high; It should not be consumed when the potassium values in the blood of kidney patients increase. It is important for pregnant women to consume as it contains folic acid in its structure.

Bulgur may have a yellow or a slightly darker shade of color. As the color becomes lighter, the nutritional value decreases as it undergoes more peeling processes.



### ENERGY NUTRITIONAL VALUES FOR 100 GR.

Cholesterol	: 0
Calories	: 350 kcal
Protein	: 12.5 gr
Fat	: 1.5 gr
Carbohydrate	: 69.8 gr
Calcium	: 40 mg
Iron	: 3.5 mg
Vitamin B1	: 0.4 mg
Vitamin B2	: 0.04 mg
Niacin	: 4.3 mg



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It is the product obtained by purification of foreign materials, peeling the husks, separating the grains, whitening, separating the powdered bran, polishing, sorting, separating the pieces and other materials other than rice, in accordance with the technique of the rice, which is the grain of the cultivars and which belongs to the Orzyasativa, L type from the wheat family.

It contains plenty of starch and vitamins. Natural phytine is also obtained from the rice husk. This substance helps development. It provides mental clarity.

Rice, which is a starch-rich food, is a very good source of energy with the amount of calories it contains. It also contains vitamins B1, B2, C and E, and the minerals sodium, magnesium, potassium, calcium, iron and phosphorus. It strengthens the body and gives energy to the body.



It lowers high blood pressure and excess urea. It also takes part in the removal of toxic substances by drawing excess water from the body. It is also protective against heart and vascular diseases with its effect of reducing the cholesterol ratio in the blood.

***Thanks to the anti-cancer substances in its content, it is protective against cancer, especially intestinal cancer.***

Cholesterol : 0 Calories : 340 cal Protein : 24.7 gr Fat : 1.1 gr Carbohydrate : 22 gr Calcium : 79 mg Iron : 6.8 mg Potassium : 370 mg Sodium : 6.8 mg Phosphorus : 145 mg Vitamin A IU : 60 Vitamin B1 : 0.37 mg Vitamin B2 : 0.32 mg Niacin : 2 mg 100 GR. It is valid for.



# GREEN LENTILS

## AGRICULTURAL PRODUCTS

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They are the dried grains of cultivated plants belonging to the lens esculentamoench family of legumes.

**Lentils, which is a fibrous and abundant protein food, is rich in B vitamins and iron, as well as calcium, manganese, sodium, copper, zinc and phosphorus minerals. Lentils are high in calories.**

Lentils, which have a very high nutritional value, give strength to the body and mind. It strengthens the immune system. It gives energy and relieves fatigue. It helps to prevent anemia with its iron and folic acid content.



It lowers the cholesterol level in the blood and accelerates the blood flow. It also helps to protect from diabetes with its high fiber content.

***By running the intestines, it facilitates the removal of harmful substances in the body.***

Cholesterol : 0 Calories : 340 cal Protein : 24.7 gr Fat : 1.1 gr Carbohydrate : 22 gr Calcium : 79 mg Iron : 6.8 mg Potassium : 370 mg Sodium : 6.8 mg Phosphorus : 145 mg Vitamin A IU : 60 Vitamin B1 : 0.37 mg Vitamin B2 : 0.32 mg Niacin : 2 mg 100 GR. It is valid for.



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They are the dried grains of the cultivated plants belonging to the type *Cicer arietinum* L from the legume family.

Chickpea, which has a high calorie value, contains vitamins A, C, E, K and B group, and minerals such as phosphorus, potassium, calcium, iron and magnesium. It is rich in carbohydrates, and chickpeas contain the most protein among legumes. The benefits of chickpeas, which are rich in nutritional values, are also high.

The most important of the benefits of chickpeas, which is the most consumed food in winter, is that it increases resistance to diseases. It is one of the legumes that can provide the energy needed by the body in the shortest time. ,

Chickpea, which has many benefits, also relieves mental fatigue. Thanks to the protein it contains, it also strengthens the muscles. Chickpea, which is anti-aging thanks to the vitamin E it contains, also delays the loss of skin elasticity.



Chickpeas, which are frequently preferred among legumes, can be consumed fresh or dried. In our kitchens, the roasted chickpea, which we usually use in its dried form, is consumed as roasted chickpeas. Chickpea, which is widely used especially in India and Pakistan, is also frequently used in Turkish cuisine.

***Chickpea is one of the main ingredients of hummus made in the Mediterranean region.***

Cholesterol : 0 Calories : 357 cal Protein : 19.2 g Fat : 6.2 g Carbohydrates : 56.7 g Calcium : 150 mg Iron : 7.3 mg Vitamin B1 : 0.46 mg Vitamin B2 : 0.16 mg Niacin : 1.7 mg Vitamin C : 1 mg Valid for 100 GR

# HARICOT BEAN

## AGRICULTURAL PRODUCTS

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**Phaseolusvulgaris L. and Phaseoluscoccineussyn from the legume family. They are the dried grains of cultivated plants of the Phaseolusmultiflorus L. species.**

Dry beans, which are legumes, are a complete protein store.

With its non-animal protein and fibrous structure, dry beans, which do not lack red meat, are a food that can be easily preferred in healthy diets.



Dry beans, which are very rich in protein and inorganic salts, also help strengthen the bone structure.

***Dry beans also strengthen the nerves.***

Cholesterol : 0 Calories : 349 cal Protein : 22.6 gr Fat : 1.6 gr Carbohydrate : 55.9 gr Calcium : 86 mg Iron : 7.6 mg Potassium : 370 mg Vitamin A IU : 15 Vitamin B1 : 0.54 mg Vitamin B2 : 0.19 mg Niacin : 2.1 mg Vitamin C : 3 mg Valid for 100 Gr



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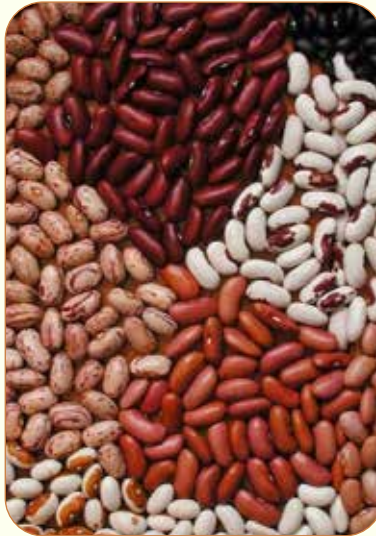
# KIDNEY BEAN

## AGRICULTURAL PRODUCTS

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*Phaseolus vulgaris* L. and *Phaseolus coccineus* syn from the legume family. They are the dried grains of cultivated plants of the *Phaseolus multiflorus* L. species.

**Dry beans, which are legumes, are a complete protein store. With its non-animal protein and fibrous structure, dry beans, which do not lack red meat, are a food that can be easily preferred in healthy diets.**



Dry beans, which are very rich in protein and inorganic salts, also help strengthen the bone structure.

Cholesterol : 0 Calories : 346 cal Protein : 21 gr  
Fat : 1 gr Carbohydrate : 57 gr Calcium : 128 mg  
Iron : 5.4 mg Vitamin A IU : 15 Vitamin B1 : 0.3 mg  
Vitamin B2 : 0.11 mg Niacin : 2.1 mg  
valid for 100 G



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They are the grains separated from the cobs of the plants belonging to the Zea-mays L. Species of the Zea genus of the Graminaeae family.

Corn is a complete vitamin store. It also contains plenty of vitamin B1, pathotonic acid, vitamin B5, folate, niacin, vitamin B3 and vitamin C.

**Corn is also a good source of dietary fiber and the minerals phosphorus and magnesium.**



Calories : 317 cal Crude Cellulose : 2.7  
Carbohydrates : 60.8 gr Calcium : 25.7 mg  
Protein : 9.22 gr Sodium : 49 mg/kg Fat : 4.1%  
Iron : 27 mg/kg Starch : 55% ,54  
Sugar : 2.56% Valid for 100 Gr





# KHOROSAN WHEAT

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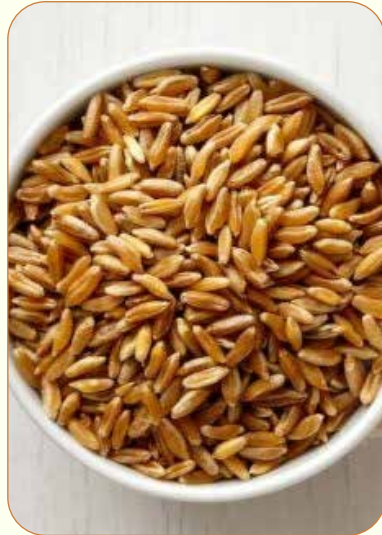
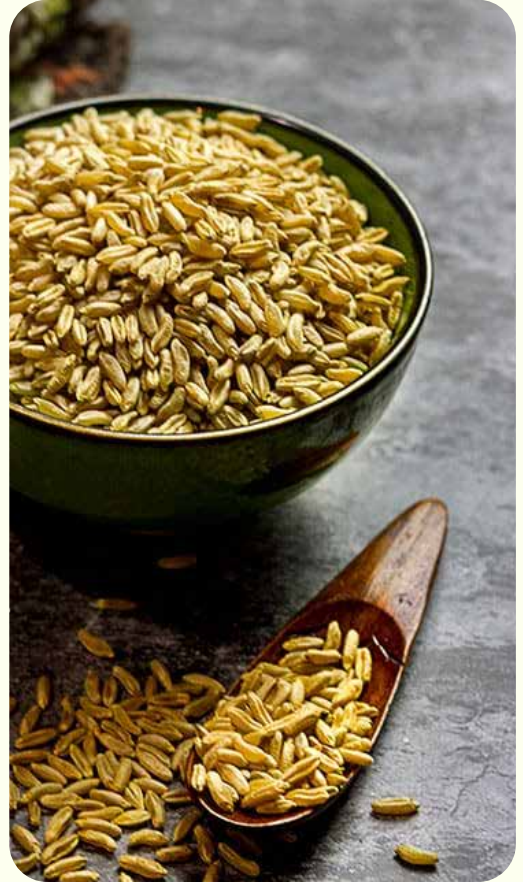
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They are the seeds of plants belonging to the durum wheat species of the wheat genus of the Gramineae family, and the subspecies of bread wheat and topbaş wheat.

It works the intestines and prevents constipation. It helps prevent bowel and rectal cancer. It strengthens the stomach, brain and eyes.

**Wheat oil obtained from wheat is very useful for skin and hair care.**

Ashura wheat oil reduces wrinkles and the effects of aging. It gives softness and shine to the hair. It prevents hair loss. It is also an effective antioxidant.



Calories : 317 cal Crude Cellulose : 2.7  
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Protein : 9.22 gr Sodium : 49 mg/kg Fat : 4.1%  
Iron : 27 mg/kg Starch : 55% ,54  
Sugar : 2.56% Valid for 100 Gr



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# RED LENTIL

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Red lentils, which are fibrous and rich in protein, are rich in B vitamins and iron, as well as calcium, manganese, sodium, copper, zinc and phosphorus minerals. Lentils are high in calories.

Lentils, which have a very high nutritional value, give strength to the body and mind. It strengthens the immune system. It gives energy and relieves fatigue. It helps to prevent anemia with its iron and folic acid content. It lowers the cholesterol level in the blood and accelerates the blood flow. It also helps to protect from diabetes with its high fiber content.

**By running the intestines, it facilitates the removal of harmful substances in the**



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