# 巴基斯坦
# 干果

TRADE DEVELOPMENT AUTHORITY
OF PAKISTAN

# TDAP簡介

巴基斯坦貿易發展局是主要的貿易促進組織,其任務是在國際市場上開發和推廣該國的產品和服務。

TDAP實施聯邦政府及其董事會有關增強,促進和促進貿易的政策和指令。

TDAP通過最新的信息和能力建設計劃來支持和促進企業發展,以增強和改善其在國際貿易中的影響 力。

為了實現其目標,TDAP組織並參加了本地和國際貿易展覽會,針對特定國家的展覽,貿易代表團,舉辦了研討會,並組織了物理和數字平台上的聯繫和信 息交流活動。

該出版物是TDAP努力分享細節並向國際市場展示巴基斯坦的產品和服務的一部分。

## 介绍

巴基斯坦拥有丰富多样的气候和土壤，这使该国成为种类繁多的动植物群的家园。该国的植物群包括各种树木、植物、灌木和藤蔓，可生产不同种类的水果和坚果。其中一些水果后来通过不同的方法干燥，被称为干果。该国生产各种干果和坚果，如杏干、梨干、李子干、杏仁干和核桃干。巴基斯坦的干果和干果主要产于俾路支省、开伯尔-普赫图赫瓦省和吉尔吉特-巴尔蒂斯坦省。俾路支省的奎达、皮申、佐布、Karat 和 Lorara；开伯尔-普赫图赫瓦省的白沙瓦、斯瓦特、马尔丹、布尼尔和吉德拉尔； Gigtit-Baltistan 的 Hunza、Skardu、Higar、Landu、Kapulu 和 Baltistan
是该国主要的干果和坚果产区。干果广泛用于糖果、烘焙和糖果行业。这些行业在各种酱汁、汤、腌料、装饰品、布丁、巧克力、烘焙食品以及婴儿和儿童食品中使用干果和坚果。巴基斯坦一直出口大量干果和坚果。该国出口的干果和坚果经过精心挑选、分级、加工和包装，以满足世界各地客户的需求，并符合国际标准，质量上乘

**Nutrition Facts**

| Serving Size | 100 g |
|---|---|
| Amount Per Serving | |
| **Calories** | **579** |
| % Daily Value * | |
| **Total Fat** 50g | **64 %** |
| Saturated Fat 3.8g | **19 %** |
| **Sodium** 1mg | **0 %** |
| **Total Carbohydrate** 22g | **8 %** |
| Dietary Fiber 13g | **46 %** |
| Sugar 4.4g | |
| **Protein** 21g | **42 %** |
| Vitamin D 0.00mcg | 0 % |
| Calcium 269.00mg | 21 % |
| Iron 3.71mg | 21 % |
| Potassium 733mg | 16 % |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.

https://www.nutritionvalue.org/

## Nutrition Facts

| Serving Size | 100 g |
|---|---|
| **Amount Per Serving** | |
| **Calories** | **647** |
| **% Daily Value *** | |
| **Total Fat** 65g | **83 %** |
| Saturated Fat 5.9g | **30 %** |
| **Total Carbohydrate** 15g | **5 %** |
| Dietary Fiber 5.9g | **21 %** |
| Sugar 2.9g | |
| **Protein** 15g | **30 %** |
| Vitamin D mcg | N/A |
| Calcium 118.00mg | 9 % |
| Iron 3.18mg | 18 % |
| Potassium mg | N/A |

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## Nutrition Facts

| Serving Size | 100 g |
|---|---|
| **Amount Per Serving** | |
| **Calories** | **239** |
| **% Daily Value *** | |
| **Total Fat** 0.8g | **1 %** |
| Saturated Fat 0.1g | **0 %** |
| **Sodium** 7mg | **0 %** |
| **Total Carbohydrate** 61g | **22 %** |
| Dietary Fiber 8.2g | **29 %** |
| Sugar 42g | |
| **Protein** 3.6g | **7 %** |
| Vitamin D 0.00mcg | 0 % |
| Calcium 28.00mg | 2 % |
| Iron 4.06mg | 23 % |
| Potassium 996mg | 21 % |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.

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| Nutrition Facts | |
|---|---|
| **Serving Size** | **100 g** |
| **Amount Per Serving** | |
| **Calories** | **262** |
| **% Daily Value *** | |
| **Total Fat** 0.6g | **1 %** |
| **Sodium** 6mg | **0 %** |
| **Total Carbohydrate** 70g | **25 %** |
| Dietary Fiber 7.5g | **27 %** |
| Sugar 62g | |
| **Protein** 1.9g | **4 %** |
| Vitamin D 0.00mcg | 0 % |
| Calcium 34.00mg | 3 % |
| Iron 2.10mg | 12 % |
| Potassium 533mg | 11 % |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.

https://www.nutritionvalue.org/

| Nutrition Facts | |
|---|---|
| **Serving Size** | **100 g** |
| **Amount Per Serving** | |
| **Calories** | **241** |
| **% Daily Value *** | |
| **Total Fat** 0.5g | **1 %** |
| **Sodium** 10mg | **0 %** |
| **Total Carbohydrate** 63g | **23 %** |
| Dietary Fiber 7.3g | **26 %** |
| Sugar 53g | |
| **Protein** 3.4g | **7 %** |
| Vitamin D 0.00mcg | 0 % |
| Calcium 55.00mg | 4 % |
| Iron 2.66mg | 15 % |
| Potassium 1162mg | 25 % |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2,000 calories a day is used for general nutrition advice.

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## 干果出口数据

Unit: US Dollar thousand

| HS Code | 描述 | 2015 | 2016 | 2017 | 2018 | 2019 | 最大的出口目的地 |
|---|---|---|---|---|---|---|---|
| 80212 | 杏仁 | 1174 | 1075 | 739 | 1,643 | 2,167 | Germany |
| 80231 | 核桃 | 88 | 16 | 1 | 1 | 983 | United Arab Emirates |
| 80290 | 其他 | 274 | 307 | 281 | 122 | 412 | Maldives |
| 80620 | 葡萄干 | 822 | 42 | 157 | 28 | 24 | Saudi Arabia |
| 81340 | 干桃子，梨等。 | 66,387 | 58,530 | 27,929 | 29,180 | 13,591 | United Arab Emirates |
| 81350 | 水果和坚果的混合物 | 404 | 753 | 888 | 490 | 752 | Maldives |
| 81310 | 杏干 | 1,638 | 1,214 | 980 | 1,371 | 1,538 | Viet Nam |

Source: Trade Map

# 前 10 名出口商

Company: M/S EHSAN AND CO.
Address: 210 ABID MARKET QUEENS ROAD, LAHORE
Phone: +92-42-36302899/+92-42-36371555/
+92-42-36303860

Company: M/S TAJ FOOD (PRIVATE) LIMTED
Address: Khiali Bypass Sheikhupura Road, Gujranwala.
Phone: +92-554-283026+27

Company: M/S UBAID TADING CO.
Address: B-24 2nd Floor, shah center, Pani Nath Lain, Quetta, Pakistan
Phone: +92-812823869, +92-3003831559

Company: M/S HAJI TAJ MUHAMMAD & COMPANY
Address: TMC, Business Center, Munsafi Road, Quetta, Pakistan
Phone: +92 81-2848548, 2832848

Company: M/S Sarhad Enterprises
Address: Shop# 1, Munsafi Road near Metropolitan Bank,
Quetta.
Phone: +92-300-8380250

Company: M/S Saleem & Sons
Address: Room# 3, National Plaza, Choharmal Road, Quetta.
Phone: +92-300-9386008

Company: M/S Yaseen Enterprises
Address: 1st Floor, National Plaza, Chuharmal Road, corner
Jinnah Road, Quetta.
Phone: +92-310-8380000

Company: M/S National Enterprises
Address: Off# 3, National Plaza, Choharmal Road, corner Jinnah
Road, Quetta.
Phone: +92-300-8380428

Company: M/S Abdul Wahid & Company
Address: Flat# 3, Hayat Shaheen Market Chuharmal Road,
Quetta.
Phone: +92-300-8380872

Company: M/S Saleh Muhammad & Company
Address: Flat# 2-18/24, near Munsafi Road, Dr. Bano Road,
Quetta.
Phone: +92-300-3856048

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