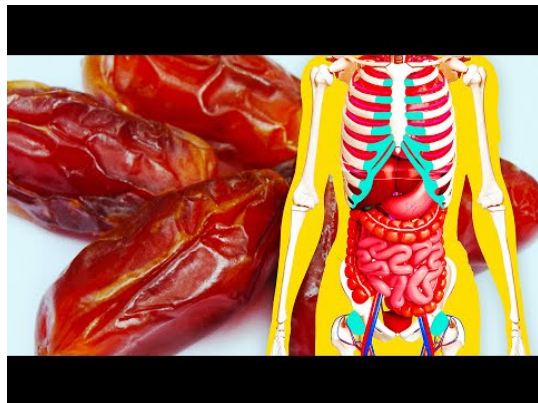


ajwa dates price in qatar, zahidi dates nutrition facts, [Click here for more](#) piarom dates benefits

Ajwa dates have a wealthy history and a promising future. Nutritional content and overall health benefits: Like all other varieties of date fruit, the Mazafati date is loaded with crucial nutrients, like - amongst other people - vitamins (A, B, C and [Dates Suppliers](#) E), minerals, iron, potassium, magnesium, manganese, protein, fibre, carbohydrates and straightforward sugars.



Even, The United States produces organic dates(like Medjool). The desserts are not all sugar filled creations, either, but consist of fruits, dried fruits,

<http://query.nytimes.com/search/sitesearch/?action=click&contentCollection®ion=TopBar&WT.nav=searchWid>
[Dates](#) and even bread and cheese. The total available funds - for the goal of Zakat - must every member of the G7 contribute 2.5% of their Gross National Savings, would equate to US\$182 Billion.