



ROYELLA

# NATURAL DATE SPREAD

## Introduction to Date Spread

A sweet nectar extracted from date fruits, the date spread has been a cooking essential across the Middle East and Levant region that has been handed down for many generations.



For More Info Call Us

**+92 324 7232147**

[raeesawan215@gmail.com](mailto:raeesawan215@gmail.com)

[www.royellafoods.com](http://www.royellafoods.com)



# NUTRITIONAL VALUES OF DATE SPREAD



## **1- Versatile and Delicious**

Date spread is incredibly versatile and adds a deliciously sweet flavour to a variety of dishes.

Paired with breakfast dishes like French toast, pancakes, waffles & oatmeal and easy to incorporate in cakes & desserts.

## **2- Natural Energy Booster**

Dates are naturally sweet and contain sugars such as glucose and fructose, providing a quick source of energy. Unlike processed sugars, the combination of high iron content and carbohydrates found in dates offer sustained energy release without the energy crash.

## **3- Antioxidant Powerhouse:**

Dates are packed with antioxidants, including flavonoids, carotenoids and phenolic acid compounds. They strengthen immune system & reduce oxidative stress and inflammation

## **4- Low Glycemic Index**

Dates are high in fructose and fiber, which likely contribute to their low Glycemic Index. It is easily absorbed and assimilated by body while potentially reducing the blood sugar level.

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