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Dried vegetables are among the products that maintain their health and natural taste due to long-term harvesting and storage.

One of the top brands in this industry is the Sabzinc brand, which is known for offering high-quality dried vegetables by focusing on quality, careful selection of raw materials, and compliance with health tips.

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Dried dill is one of the aromatic and tasty vegetables that is widely used and popular in Iranian cooking.

Dill is warm and dry in nature, so it is a suitable option to add to foods that have a cold nature.

There are many uses of this plant, including:

Get oiled

The use of dill in medicine

Use it as an astringent

Dill is used in painkillers because of its immediate sedative effect



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Tarragon is one of the most characteristic aromatic vegetables that contains unique vitamins and minerals. Tarragon has a hot and dry nature.

Some properties of tarragon for health:

Maintaining heart health

Decreased blood sugar in diabetic patients

Prevent anemia

Prevent muscle cramps







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Dried leek is another dried vegetable that, in addition to being eaten and used in food, has many medicinal properties.

The nature of leek is hot and dry.

It is also rich in folate and fiber. A, K, and C are excellent sources of vitamins

One of the most important properties of dried leeks is blood pressure lowering, anti-cancer, bone health, vision improvement, etc.

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Mint is a popular plant whose fresh leaves are used and its dried type is also widely used.

The nature of this plant is warm and in addition to having food applications, it also has high medicinal properties.

In order to learn more about the healing properties of dry mint, we have mentioned some of its uses below:

Useful for treating asthma

Reduction and treatment of respiratory disorders

Help to lose weight

Useful for strengthening the liver

Suitable for preventing depression

Fighting the effects of colds and...





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Dry salt is rich in vitamins thiamin, niacin, calcium, iron, magnesium, potassium, sodium, phosphorus, zinc, copper, manganese and selenium.

Marzah as a medicinal plant has many therapeutic properties, among which it can help in treating skin problems, digestive problems, blood pressure, diabetes, headache, joint pain, strengthening the immune system, relieving bites and stings and infections.







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Dry fenugreek is used as a vegetable in dishes such as vegetable curds and rice dumplings due to its pleasant taste and aroma. Fenugreek, in terms of traditional medicine, has a warm and dry nature. The benefits of consuming dried fenugreek to improve our health level include improvement of anemia, improvement in the problem of loss of taste and taste, fever, dandruff, stomach disorders, respiratory disorders, mouth ulcers, sore throat, ulcer inflammation and insomnia.





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Dry coriander has high amounts of minerals such as phosphorus, potassium, zinc, calcium, iron and magnesium, fiber and antioxidants beta-carotene, beta-cryptoxanthin, lutein and zeaxanthin.

The nature of coriander is cold and dry.

Coriander has anti-inflammatory properties and relieves the symptoms of arthritis.

Its consumption also protects the body against urinary tract infections.

Coriander herb is also known as stomach medicine and improves digestion and food digestion.



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By offering high quality dried vegetables, superior health and natural taste, Sabzinc brand allows consumers to enjoy their delicious and healthy dried vegetables at any time.

By using organic raw materials and third generation cooking methods, the Sabzin collection presents its dried vegetables with high nutrients, which are considered as a healthy option for all people.

By observing the maintenance and usage tips, you can benefit from the benefits of Sabzinak dried vegetables and strengthen your health.



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