



I.Q.F. FROZEN CATALOGUE

**BECAUSE WE LOVE
TO MAKE FOOD**



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OKRA

Gombo

بامية

Бамия



DESCRIPTION

Okra is a popular and important food worldwide. Egypt is considered as leading grower of okra.

Nutritional

Okra that rich in vitamine A,C and K, calsum and magnesium,

Size

1.5 to 2.5

2.5 to 3.5

3.5 to 4.5

4.5 to 5.5

nutritional fact			
calories: 44kcal/100g			
Fat	0.05 g	Sodium	17.86 mg
Carbohydrate	8.57 g	Vitamin A	4900 IU
Crude Fibre	1.34 g	Vitamin C	20 mg
Protien	1.8 g	Sugars	1.84 mg
Calcium	92 mg	Iron	0.5 mg

Packaging / Bulk		
Weight/g - Kg	Packs	Total wt Carton
400 g	20	8 kg
1 kg	10	10 kg
2.5 kg	4	10 kg
5 Kg	2	10 kg
10 Kg	1	10 kg

PISELLI

GRÜNES ERBSEN

PEAS

POIS

• بازلاء

ЗЕЛЁНЫЕ ГОРОХ



DESCRIPTION

the pea is a green, pod-shaped vegetable.

it is an annual plant, with a life cycle of one year, planting an take place from winter through to early summer.

Egyption peas are known for their sweet taste.

Nutritional

peas that rich in vitamine K1.

nutritional fact			
calories: 85kcal/100g			
Fat	12.02 g	Sodium	3 mg
Carbohydrate	9.8 g	Vitamin A	540 IU
Sugars	3.5 mg	Vitamin C	0.6 mg
Protien	5.1 g	Calcium	23 mg
Iron	1.8 mg		

Packaging / Bulk		
Weight/g - Kg	Packs	Total wt Carton
400 g	20	8 kg
1 kg	10	10 kg
2.5 kg	4	10 kg
5 Kg	2	10 kg
10 Kg	1	10 kg

PETITS POIS ET CAROTTES

PEAS & CARROTS



Erbesen und Karotten

بسلة بالجزر



Горох и морковь



DESCRIPTION

it is a combination of both peas and carrots cubes mixed together

Nutritional

Peas & Carrots is good source of Vit A, K1 proteins, potassium, it also very beneficial for blood cell formation.

nutritional fact			
calories: 39kcal/100g			
Fat	12.02 g	Sodium	8.2 g
Carbohydrate	15.4 g	Vitamin A	13000 IU
Sugars	5.3 g	Vitamin C	0.64 mg
Protien	9.4 g	Iron	1.5 mg
Calcium	71 mg		

Packaging / Bulk		
Weight/g - Kg	Packs	Total wt Carton
400 g	20	8 kg
1 kg	10	10 kg
2.5 kg	4	10 kg
5 Kg	2	10 kg
10 Kg	1	10 kg

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LÉGUMES MÉLANGÉS

MIXED VEGETABLES



خضار مشكل

Mischgemüse



СМЕШАННЫЕ ОВОЩИ



DESCRIPTION

Mixed vegetables are a combination of green peas, beans and carrots

Nutritional

Peas & Carrots is good source of high nutritious value, also helps in maintaining good bones, good state of the skin, teeth and gums

nutritional fact			
calories: 45kcal			
Fat	0.09 g	Sodium	50 mg
Carbohydrate	6.9 g	Vitamin A	6000 IU
Sugars	6 g	Vitamin C	0.7 mg
Protien	3 g	Iron	1.8 mg
Calcium	516 mg		

Packaging / Bulk		
Weight/g - Kg	Packs	Total wt Carton
400 g	20	8 kg
1 kg	10	10 kg
2.5 kg	4	10 kg
5 Kg	2	10 kg
10 Kg	1	10 kg

HARICOTS VERTS

GREEN BEANS

Grüne Bohnen

فاصوليا خضراء

зеленый фасоль



DESCRIPTION

Green beans is a long narrow vegetables, Growing to approximately 60 cm in height. farms may grow more than one crop of bush beans in a season. Green beans are eaten nearly universal and egypt has great share of the European market in selling fresh and frozen

Nutritional

Green Beans that very low in calories. fiber, it is good source of Vit K,C and A, and very rich manganese, potassium and iron,

nutritional fact			
calories: 89kcal			
Fat	0.03 g	Sodium	7 mg
Carbohydrate	17 g	Vitamin A	385 IU
Crude Fibre	5.2 g	Vitamin C	0.7 mg
Protien	5.3 g	Sugars	1.5 g

Packaging / Bulk		
Weight/g - Kg	Packs	Total wt Carton
400 g	20	8 kg
1 kg	10	10 kg
2.5 kg	4	10 kg
5 Kg	2	10 kg
10 Kg	1	10 kg

MOLOKHIA VERTE

MOLOKHIA

ملوخية

grüne Molokhia



зелёная МОЛОХИЯ



DESCRIPTION

a herb in the larger family of the mint , the leaves are alternate , simple 5 - 10 cm long, the green vegetable is commonly used in Middle East and also used in some Far-east oriental dishes (like japan). Molokhiya has been know as a popular food that is cultivated in Egypt since the time of the Pharaohs.

Nutritional

the leaves are rich in betacarotene, iron, calciam, and Vitamine C. the planet has an antioxodant activity with a significant tocopheral equivalent Vitamin E.

nutritional fact			
calories: 42kcal/100g			
Fat	0.02 g	Sodium	45 g
Carbohydrate	6.5 g	Vitamin A	12500 IU
Crude Fibre	1.3 g	Vitamin C	16 mg
Protien	1.7 g		

Packaging / Bulk		
Weight/g -	Packs	Total wt Carton
400 g	20	8 kg

GRAINS DE MAÏS DOUX

SWEET CORN KERNELS

حبوب ذرة سكرى süße Maiskörner

зерна сладкой кукурузы



DESCRIPTION

It has a far higher sugar content than conventional corn, and the sucrose is turned into starch, retaining the sweet flavor in the early stages. The grains are fully mature (ready to eat) and dark in color, with a golden yellow hue. After drying, the grains become clearly wrinkled. In the following stage, the fruit will be harvested before the grains dry to a moisture content of around 70%.

Nutritional

it contains vitamins (such as niacin and riboflavin) and antioxidants that promote heart health and protect the eyes from macular degeneration, as well as a high fiber content that aids in the nutritional process.

nutritional fact			
calories:90kcal/100g			
Fat	1 g	Sodium	59 mg
Carbohydrate	17.4 g	Sugars	2 g
Dietary Fibre	2.5 g	Iron	0.85 mg
Protien	2.8 g	Calcium	60 mg

Packaging / Bulk		
Weight/g - Kg	Packs	Total wt Carton
400 g	20	8 kg
1 kg	10	10 kg
2.5 kg	4	10 kg
5 Kg	2	10 kg
10 Kg	1	10 kg

ARTICHAUT

ARTICHOKE

Artischocke

خرشوف



АРТИШОК



DESCRIPTION

It accelerates the weight loss process, cleanses the liver, and protects the stomach.

Nutritional

Artichokes is good source of Artichokes phosphorus, calcium, iron, sodium, potassium, magnesium, zinc, and vitamins A, B1, B2, B6, and C.

nutritional fact			
calories: 42kcal/100g			
Fat	0.02 g	Sodium	14 mg
Carbohydrate	8.1 g	Vitamin A	263 IU
Calcium	115 mg	Vitamin C	0.65 mg
Protien	4 g	Iron	1.9 mg
Crude Fibre	2.7 g		

Packaging / Bulk		
Weight/g - Kg	Packs	Total wt Carton
400 g	20	8 kg
1 kg	10	10 kg
2.5 kg	4	10 kg
5 Kg	2	10 kg
10 Kg	1	10 kg

CHOU-FLEUR IT CAULIFLOWER

Blumenkohl

قنبط

Цветная капуста



DESCRIPTION

Califlower is a variety of cabage having whitemassof fleshy flower that form the head, this planet is eaten as a vegetables.

Nutritional

Califlower is good source of Vit C,A,B,E, Carbohydrates, prten, iron, calcium,potassium, phosphorus, magnesium, very low sodium and no fat

nutritional fact			
calories: 89kcal/100g			
Fat	0.03 g	Sodium	7 g
Carbohydrate	5.2 g	Vitamin A	21 IU
Crude Fibre	2.5 g	Vitamin C	0.55 mg
Protien	3.1 g	Iron	0.7 mg

Packaging / Bulk		
Weight/g - Kg	Packs	Total wt Carton
400 g	20	8 kg
1 kg	10	10 kg
2.5 kg	4	10 kg
5 Kg	2	10 kg
10 Kg	1	10 kg

COLOCASE

TARO

قلقاس

Taro

Цветная капуста



DESCRIPTION

Taro is a food rich in fiber, potassium, and antioxidants, making it beneficial for promoting heart health and regulating blood pressure. It also improves digestion, helps regulate blood sugar, and strengthens the immune system and bones, thanks to its high fiber content.

Nutritional

Taro is good source of vit C and A and antioxidants, fights free radicals, strengthens immunity, and promotes eye health.

nutritional fact			
calories: 49kcal			
Fat	0.2 g	Sodium	11 mg
Carbohydrate	26 g	Vitamin A	300 IU
Crude Fibre	0.41 g	Vitamin C	4.5 mg
Protien	1.5 g	Iron	0.6 mg
Sugars	0.8 g	Calcium	43 mg

Packaging / Bulk		
Weight/g - Kg	Packs	Total wt Carton
400 g	20	8 kg
1 kg	10	10 kg
2.5 kg	4	10 kg
5 Kg	2	10 kg
10 Kg	1	10 kg

BROCCOLI

BROCCOLI



Brokkoli

بروكلى



броколи



DESCRIPTION

Broccoli is a cool Weather crop, its is a plant of the cabbage family.the increasing demand of fresh and frozen broccoli in egypt has encouraged cultivators and farmers to extend areas of cultivation

Nutritional

Broccoli that rich in vitamine A,B, iron, calcium, zink and lots of fiber, it helps to build the bones, fighting cancer. it boosts the immune system and reducing the risk of heart disease

nutritional fact			
calories: 25kcal/100g			
Fat	0 g	Sodium	55 g
Carbohydrate	8 g	Vitamin A	540 IU
Sugars	3 g	Vitamin C	0.46 mg
Protien	5 g	Calcium	3 g
Crude Fibre	3 g		

Packaging / Bulk		
Weight/g - Kg	Packs	Total wt Carton
400 g	20	8 kg
1 kg	10	10 kg
2.5 kg	4	10 kg
5 Kg	2	10 kg
10 Kg	1	10 kg

Agro Vegan

Fresh & Healthy

D



E



C



fruits

B1



A



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FRAISE

STRAWBERRY



فراولة

Erdbeere

Клубника



DESCRIPTION

Strawberries are red oval shaped with approximately 200 seeds on the outside. Egypt good producer of strawberries as the weather is ver suitable for that kind of Fruit.

Nutritional

low fat, low calorie - high in vitamin C, fiber, folic acid, potassium.the ancient Romans believed that strawberries alleviated symptoms of melancholy, fainting all inflammations, fevers, throat, kidney stones, attacks of gout and diseases of tghе blood, liver and spleen

nutritional fact			
calories: 37kcal/100g			
Fat	0.02 g	Sodium	0.2 mg
Carbohydrate	8.08 g	Vitamin A	60 IU
Crude Fibre	3.3 g	Vitamin C	0.6 mg
Protien	0.8 g	Iron	0.8 g
Sugars	4.5 g	Calcium	28 mg

Packaging / Bulk		
Weight/g - Kg	Packs	Total wt Carton
400 g	20	8 kg
1 kg	10	10 kg
2.5 kg	4	10 kg
5 Kg	2	10 kg
10 Kg	1	10 kg

GRENADE

POMEGRANATE

رمان

Pomegrante



POMEGRANTE



DESCRIPTION

Pomegranate is a round hexagonal shape. The size of a ripe pomegranate can be as small as an orange or as big as a grapefruit, approximately 7-12 cm in diameter, depending on its variety. Inside a pomegranate is about 700-800 tightly packed seed casings called arils that are deep red in color when nicely ripe.

Nutritional

Pomegranates have very high content of punicalagins. The level of anti-oxidant is even higher than those of other fruits known to have high-levels of anti-oxidant, including blueberries, cranberries and oranges. They are also a good source of vitamin B, vitamin C, calcium and phosphorus. Researches proved that pomegranate helps in preventing cancers especially prostate cancer. It also helps in preventing anemia.

nutritional fact			
calories: 68kcal/100g			
Fat	0.3 g	Sodium	3 mg
Carbohydrate	17.17 g	Calcium	3 mg
Fibre	0.8 g	Vitamin C	6.1 mg
Protien	0.95 g	Iron	0.3 g

Packaging / Bulk		
Weight/g - Kg	Packs	Total wt Carton
1 kg	10	10 kg
2.5 kg	4	10 kg
5 Kg	2	10 kg
10 Kg	1	10 kg

MANGUE

MANGO

مانجو

Mango



МАНГО



DESCRIPTION

The “king of fruits” unique flavor, fragrance, taste, and health promoting qualities making it a common ingredient in new functional food often foods often called “super Fruits”. measures 5:15CM in length and about 4:10 CM in width. the weight ranges from 150 gm to 950 gm.

Nutritional

Mango nutrition is high in calories and carbohydrates. it is rich source of minerals such as copper, potassium and iron. good source of various vitamins A and C.

nutritional fact			
calories: 70kcal/100g			
Fat	0.27 g	Sodium	2 mg
Carbohydrate	17 g	Vitamin A	3894 IU
Dietry Fibre	1.8 g	Vitamin C	27.7 mg
Protien	0.5 g	Iron	0.13 g
Calcium	10 mg		

Packaging / Bulk		
Weight/g - Kg	Packs	Total wt Carton
400 g	20	8 kg
1 kg	10	10 kg
2.5 kg	4	10 kg
5 Kg	2	10 kg
10 Kg	1	10 kg

GOYAVE

GUAVA

جوافة

Guave

Гуава



DESCRIPTION

Spherical, oval, or pear-shaped, often measuring 5 to 10 cm. In the autumn, the skin changes colour from green to pale yellow or golden.
Texture: Translucent, sandy texture caused by the presence of stony cells, with naturally occurring translucent voids or a base.

Nutritional

Guava is one of the fruits high in vitamin C, fibre, and antioxidants that promote heart health, including vitamin A.

nutritional fact			
calories: 68kcal/100g			
Fat	0.95 g	Sodium	2 mg
Carbohydrate	14 g	Sugars	11 g
Dietary Fibre	5.4 g	Vitamin C	229.3 mg
Protien	2.55 g	Vitamin C	31 IU
Iron	0.26 mg		

Packaging / Bulk		
Weight/g - Kg	Packs	Total wt Carton
400 g	20	8 kg
1 kg	10	10 kg
2.5 kg	4	10 kg
5 Kg	2	10 kg
10 Kg	1	10 kg

AgroVegan

Fresh & Healthy



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