



## I.Q.F. FROZEN CATALOGUE

BECAUSE WE LOVE  
TO MAKE FOOD



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# OKRA

# Gumbo

بامية

Бамия



## DESCRIPTION

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

## Nutritional

Okra that rich in vitamin A, C and K, calcium 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    |
| Protein               | 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 and take place from winter through to early summer.

Egyptian peas are known for their sweet taste.

## Nutritional

peas that rich in vitamin 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 |
| Protein               | 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           |

# LÉGUMES MÉLANGÉS

## MIXED VEGETABLES



خضار مشكل

Mischgemüse



Смешанные овощи



### DESCRIPTION

Mixed vegetables are a combination of green beans, peas 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            |

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# BROCOLLI

## BROCOLI



### 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           |

# 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           |

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# CHOU-FLEUR IT CAULIFLOWER

قنبط



Blumenkohl



цветная капуста



## DESCRIPTION

Califlower is a variety of cabbage 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           |

# 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           |

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GRAINS DE MAÏS DOUX

# SWEET CORN KERNELS

süße Maiskörner

حبوب ذرة سكرى

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           |

# Agro Vegan

Fresh & Healthy



fruits



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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 tghe 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           |

FRAMBOISE

RASPBERRY

توت أحمر Himbeere



Малина



## DESCRIPTION

Raspberries are a small, juicy, edible aggregate fruit grown on a woody perennial shrub from the rose family.

## Nutritional

Blood Sugar Control: High fiber content and a low glycemic index help prevent sharp blood sugar spikes, Antioxidant Rich: Packed with vitamin C, ellagic acid, and anthocyanins that protect cells from oxidative stress and Heart and Skin Health: Supports collagen production and helps reduce chronic inflammation linked to heart disease

| nutritional fact      |         |            |          |
|-----------------------|---------|------------|----------|
| calories: 64kcal/100g |         |            |          |
| Fat                   | 0.8 g   | Protien    | 1.5 g    |
| Carbohydrate          | 14.7 g  | Potassium  | 185.7 mg |
| Sugars                | 5.4 g   | Vitamin C  | 32.2 mg  |
| Iron                  | 0.85 mg | Calcium    | 30.8 mg  |
| Crude Fibre           | 8 g     | Phosphorus | 35.7 mg  |
| Sodium                | 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           |

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MYRTILLE

BLUEBERRY



توت أزرق

Blaubeere

голубика



## DESCRIPTION

blueberries are Small, measuring about 5 to 16 millimeters (0.2 to 0.6 inches) across, color is a deep indigo, dark blue, or purple when ripe and Feature a distinct five-pointed, star-shaped flared crown (calyx) at the opposite end from the stem

## Nutritional

Blueberries are low in calories yet packed with dietary fiber, vitamin C, vitamin K, and manganese. Antioxidants: They are exceptionally rich in flavonoids—specifically anthocyanins—which give the fruit its deep color and act as powerful antioxidants that fight cellular oxidative stress.

| nutritional fact      |         |            |         |
|-----------------------|---------|------------|---------|
| calories: 52kcal/100g |         |            |         |
| Fat                   | 0.65 g  | Protien    | 1.2 g   |
| Carbohydrate          | 11.9 g  | Potassium  | 151 mg  |
| Sugars                | 4.4 g   | Vitamin C  | 26.2 mg |
| Iron                  | 0.69 mg | Calcium    | 25 mg   |
| Crude Fibre           | 6.5 g   | Phosphorus | 29 mg   |
| Sodium                | 1 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           |

LA MÛRE

BLACKBERRY



فراولة

brombeere

ежевика



## DESCRIPTION

Blackberries are an aggregate of small, juicy segments called drupelets. Unlike raspberries, a blackberry's drupelets stay firmly attached to a juicy white core when picked.

## Nutritional

High in dietary fiber, vitamin C, vitamin K, manganese, and powerful antioxidants like anthocyanins. Culinary use: Eaten fresh or used in jams, jellies, baked goods, and desserts.

### nutritional fact

calories: 43kcal/100g

|              |         |            |        |
|--------------|---------|------------|--------|
| Fat          | 0.49 g  | Protien    | 1.4 g  |
| Carbohydrate | 9.6 g   | Potassium  | 162 mg |
| Sugars       | 4.9 g   | Vitamin C  | 21 mg  |
| Iron         | 0.62 mg | Calcium    | 29 mg  |
| Crude Fibre  | 5.3 g   | Phosphorus | 22 mg  |
| Sodium       | 1 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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# GRENADE POMEGRANATE

رمان

Pomegranate



POMEGRANATE



## DESCRIPTION

Pomegranate is a round hexagonal shape, with thick reddish outer layer. size of a ripe pomegranate can be small as an orange, size 7:12 cm. Inside a pomegranate is about 700- 800 tightly packed seed casings called arils that are deep red in color

## 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: 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           |

FIGUES

FIGS



Feigen

تين

PUC



## DESCRIPTION

Figs are soft sweet fruits, full of small seeds. The skin of figs is very thin and ripe, therefore they can not be transported fresh very easily. As figs have to be picked when ripe you can only eat them fresh in the country of origin but you can still freeze them to eat them when you are out of season or when you get them to another country. Harvest:july till october

## Nutritional

Figs consist about 60% of sugar, contain a lot of vitamins and it is said that humans could live on figs alone. The rich potassium content of figs helps to maintain the blood pressure of the body.

| nutritional fact      |       |              |       |
|-----------------------|-------|--------------|-------|
| calories: 70kcal/100g |       |              |       |
| Fat                   | 0.3 g | Protien      | 0.8 g |
| Carbohydr             | 19 g  | Dietry Fibre | 3 g   |
| Sugars                | 16 g  | Vitamin C    | 3 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           |

MANGUE

MANGO

Mango



مانجو



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           |

APRIKOSE, MARILLE

APRICOT

Abricot



شمش

абрикос-abrikos



## DESCRIPTION

Apricot is a round, sweet and juicy stone fruit of the species *Prunus armeniaca*, resembling peach or plum in taste, with a yellow-orange flesh, lightly fuzzy skin and a large seed inside.

## Nutritional

Apricot contains vitamin B17 which is highly effective in fighting cancer. The apricot is low in saturated fat, cholesterol and sodium and high in Dietary Fiber, Potassium, Vitamin A and Vitamin C.

| nutritional fact     |       |              |       |
|----------------------|-------|--------------|-------|
| calories:50kcal/100g |       |              |       |
| Fat                  | 0.4 g | Protien      | 1.4 g |
| Carbohydrate         | 11 g  | Dietry Fibre | 2 g   |
| Sugars               | 9 g   | Vitamin C    | 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

гyava



## 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           |

# Agro Vegan

Fresh & Healthy



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