

A collection of clear, rectangular ice cubes scattered across the top of the image.

Fraiza

IQF FROZEN

FRUITS & VEGETABLES

Original Taste From Egypt

A variety of fresh fruits and vegetables including green onions, limes, cucumbers, carrots, potatoes, squash, lemons, grapes, tomatoes, and radishes, arranged in a curved border at the bottom of the image.

Vegetables Range



Vegetables Range



SEASON

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

VARIETIES

- Baladi
- Violetta
- Romanesco
- Baby Artichokes

Artichokes

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup



Nutrition Facts per 100 grams

Calories 27

Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	360mg	16%
Total Carbohydrate	4.6g	2%
Dietary Fiber	2.5g	9%
Total Sugars	0.8g	2%
Protein	1.7g	3%
Calcium	25mg	2%
Iron	0.8mg	5%
Potassium	0mg	0%

SEASON

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

VARIETIES

- Baladi
- Plosta
- Gizerra
- Bronco
- Hama
- Valentino

Green Beans

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

Fraiza

Green Beans

Frozen Green Beans

Green Beans

Frozen Green Beans

NET WT
400 g

Nutrition Facts per 100 grams

Calories 17

Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	12mg	1%
Total Carbohydrate	3.3g	1%
Dietary Fiber	1.7g	6%
Total Sugars	1.7g	3%
Protein	0.8g	2%
Calcium	25mg	2%
Iron	0.3mg	2%
Potassium	0mg	0%

SEASON

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

VARIETIES

- Giza 2
- Giza 3
- Giza Blanka
- Giza 843
- Giza 846

Broad Beans

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup



Nutrition Facts per 100 grams

Calories 110

Total Fat	0.4g	1%
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrate	19.7g	7%
Dietary Fiber	5.4g	19%
Total Sugars	1.8g	4%
Protein	7.6g	15%
Calcium	36mg	3%
Iron	1.5mg	8%
Potassium	268mg	6%

SEASON

JAN FEB MAR **APR** MAY JUN JUL **AUG** SEP OCT NOV DEC

VARIETIES

- Giza 21
- Giza 22
- Giza 111
- Giza 82

Soy Beans

Nutrition Facts

Serving Size: 400g

Serving Per: 2/3 Cup

Fraiza

Soy Beans

Frozen Soy Beans

Nutrition Facts per 100 grams

Calories 110

Total Fat	5g	6%
Cholesterol	0mg	0%
Sodium	6mg	0%
Total Carbohydrate	9g	3%
Dietary Fiber	5g	18%
Total Sugars	2.5g	5%
Protein	10g	20%
Calcium	60mg	5%
Iron	2.2mg	12%
Potassium	482mg	10%

NET WT
400 g

SEASON

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

Molokhia

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup



Nutrition Facts per 100 grams

Calories 30

Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrate	2g	1%
Dietary Fiber	2g	7%
Total Sugars	0g	0%
Protein	1g	2%
Calcium	300mg	23%
Iron	0.4mg	2%
Potassium	0mg	0%

SEASON

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

VARIETIES

- Belstar
- Monza
- Emperador
- Marathon



Broccoli

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

Nutrition Facts per 100 grams

Calories 34

Total Fat	0.4g	0%
Cholesterol	0mg	0%
Sodium	33mg	1%
Total Carbohydrate	6.6g	2%
Dietary Fiber	2.6g	9%
Total Sugars	1.7g	3%
Protein	2.8g	6%
Calcium	47mg	4%
Iron	0.7mg	4%
Potassium	316mg	7%

SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

VARIETIES

- Early Snowball
- Baladi (Local)
- Early Benisa

Cauliflower

Nutrition Facts

Serving Size: 400g

Serving Per: 2/3 Cup

Fraiza

Cauliflower

Frozen Cauliflower Florets

Fraiza

Cauliflower

Frozen Cauliflower Florets

NET WT
400 g

Nutrition Facts per 100 grams

Calories 25

Total Fat	0.3g	0%
Cholesterol	0mg	0%
Sodium	30mg	1%
Total Carbohydrate	5g	2%
Dietary Fiber	2g	7%
Total Sugars	1.9g	4%
Protein	1.9g	4%
Calcium	22mg	2%
Iron	0.4mg	2%
Potassium	299mg	6%

SEASON

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

VARIETIES

- Falahi Okra
- Rumi Okra
- Red Okra

Okra

Nutrition Facts

Serving Size: 400g

Serving Per: 2/3 Cup



Nutrition Facts per 100 grams

Calories 33

Total Fat	0.2g	0%
Cholesterol	0mg	0%
Sodium	7mg	0%
Total Carbohydrate	7.5g	3%
Dietary Fiber	3.2g	11%
Total Sugars	1.5g	3%
Protein	1.9g	4%
Calcium	82mg	6%
Iron	0.6mg	3%
Potassium	299mg	6%

SEASON

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

VARIETIES

- Pleurotus spp (Oyster)
- Agaricus bisporus



Mushroom

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

Nutrition Facts per 100 grams

Calories 22

Total Fat	0.3g	0%
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrate	3.3g	1%
Dietary Fiber	1g	4%
Total Sugars	2g	4%
Protein	3.1g	6%
Calcium	3mg	0%
Iron	0.5mg	3%
Potassium	318mg	7%

SEASON

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

VARIETIES

- Egypt Snow Peas
- Sugar Snap Peas

Green Peas

Nutrition Facts

Serving Size: 400g

Serving Per: 2/3 Cup

Fraiza

Green Peas

Frozen Green Peas

Fraiza

Green Peas

Frozen Green Peas

NET WT
400 g

Nutrition Facts per 100 grams

Calories 81

Total Fat	0.4g	1%
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrate	14.5g	5%
Dietary Fiber	5.7g	20%
Total Sugars	5.7g	11%
Protein	5.4g	11%
Calcium	25mg	2%
Iron	1.5mg	8%
Potassium	244mg	5%

SEASON

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

VARIETIES

- Winter Queen
- Silver Queen
- Jubilee
- Sugar Buns
- Butter
- Golden Bantam
- Honey
- Incredible
- Ambrosia
- Serendipity



Sweet Corn

Nutrition Facts

Serving Size: 400g

Serving Per: 2/3 Cup

Nutrition Facts per 100 grams

Calories 86

Total Fat	1.4g	2%
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrate	18.7g	7%
Dietary Fiber	2g	7%
Total Sugars	6.3g	13%
Protein	3.3g	7%
Calcium	2mg	0%
Iron	0.5mg	3%
Potassium	270mg	6%

SEASON

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

VARIETIES

- Nantes
- Imperator
- Chantenay
- Danvers
- Paris Market
- Autumn King

Carrots

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup



Nutrition Facts per 100 grams

Calories 41

Total Fat	0.2g	0%
Cholesterol	0mg	0%
Sodium	69mg	3%
Total Carbohydrate	9.6g	3%
Dietary Fiber	2.8g	10%
Total Sugars	4.7g	9%
Protein	0.9g	2%
Calcium	33mg	3%
Iron	0.3mg	2%
Potassium	320mg	3%

SEASON

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

VARIETIES

- Arbi Kofta
- Safi
- Shami
- Baladi



Taro

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

Nutrition Facts per 100 grams

Calories 112

Total Fat	0.2g	0%
Cholesterol	0mg	0%
Sodium	11mg	3%
Total Carbohydrate	26.5g	10%
Dietary Fiber	4.1g	15%
Total Sugars	0.4g	1%
Protein	1.5g	3%
Calcium	43mg	3%
Iron	0.6mg	3%
Potassium	591mg	13%

SEASON

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

Spinach

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup



Nutrition Facts per 100 grams

Calories 23

Total Fat	0.4g	1%
Cholesterol	0mg	0%
Sodium	79mg	3%
Total Carbohydrate	3.6g	1%
Dietary Fiber	2.2g	8%
Total Sugars	0.4g	1%
Protein	2.9g	6%
Calcium	99mg	8%
Iron	2.7mg	15%
Potassium	558mg	12%

SEASON

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

Vine Leaves

Nutrition Facts

Serving Size: 400g

Serving Per: 2/3 Cup



Nutrition Facts per 100 grams

Calories 93

Total Fat	2.1g	3%
Cholesterol	0mg	0%
Sodium	9mg	0%
Total Carbohydrate	17g	5%
Dietary Fiber	11g	44%
Total Sugars	6g	0%
Protein	6g	12%
Calcium	390mg	36%
Iron	2.3mg	14%
Potassium	272mg	7%

Mixed Vegetables

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

Nutrition Facts per 100 grams

Calories 70

Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	45mg	2%
Total Carbohydrate	14g	5%
Dietary Fiber	3g	12%
Total Sugars	4g	7%
Protein	2g	4%
Calcium	22mg	2%
Iron	0.4mg	2%
Potassium	0mg	0%



Vegetable Stir Fry

Nutrition Facts

Serving Size: 400g

Serving Per: 2/3 Cup

Nutrition Facts per 100 grams

Calories 47

Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	47mg	2%
Total Carbohydrate	9.4g	3%
Dietary Fiber	3.5g	13%
Total Sugars	3.5g	7%
Protein	2.4g	5%
Calcium	32mg	2%
Iron	1.2mg	7%
Potassium	231mg	5%

Fraiza

Vegetable Stir Fry

Frozen Vegetable Stir Fry

Fraiza

Vegetable Stir Fry

Frozen Vegetable Stir Fry

NET WT
400 g



Vegetable Soup Mix

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

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Nutrition Facts per 100 grams

Calories 28

Total Fat	0.8g	1%
Cholesterol	0mg	0%
Sodium	338mg	15%
Total Carbohydrate	4.9g	2%
Dietary Fiber	0.3g	1%
Total Sugars	1.6g	3%
Protein	0.9g	2%
Calcium	10mg	1%
Iron	0.4mg	2%
Potassium	86mg	2%

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Peas & Carrots

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup



Nutrition Facts per 100 grams

Calories 53

Total Fat	0.5g	1%
Cholesterol	0mg	0%
Sodium	79mg	3%
Total Carbohydrate	11.2g	4%
Dietary Fiber	3.4g	12%
Total Sugars	0g	0%
Protein	3.4g	7%
Calcium	27mg	2%
Iron	1.1mg	6%
Potassium	194mg	4%

SEASON

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

VARIETIES

- Spunta
- Lady Rosetta
- Diamant
- Hermes
- Nicola
- Atlantic
- Spunta
- Mondial



French Fries

Nutrition Facts

Serving Size: 400g

Serving Per: 2/3 Cup

Nutrition Facts per 100 grams

Calories 161

Total Fat	5.1g	7%
Cholesterol	0mg	0%
Sodium	391mg	17%
Total Carbohydrate	27.5g	10%
Dietary Fiber	2.3g	8%
Total Sugars	0.3g	1%
Protein	2.5g	5%
Calcium	13mg	1%
Iron	0.8mg	4%
Potassium	471mg	10%

Fruits Range



Fruits Range



SEASON

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

VARIETIES

● Escatta

Watermelon

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup



Nutrition Facts per 100 grams

Calories 30

Total Fat	0.2g	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrate	7.6g	3%
Dietary Fiber	0.4g	1%
Total Sugars	6.2g	12%
Protein	0.6g	1%
Calcium	7mg	1%
Iron	0.2mg	1%
Potassium	112mg	2%

SEASON

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

VARIETIES

- Barshoumi
- Kahramany
- Aboudi
- Assouany
- Koummasi
- Adassi
- Abiad
- Sultani
- Hava



Figs

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

Nutrition Facts per 100 grams

Calories 74

Total Fat	0.3g	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrate	19.2g	7%
Dietary Fiber	2.9g	10%
Total Sugars	16.3g	33%
Protein	0.8g	2%
Calcium	35mg	3%
Iron	0.4mg	2%
Potassium	232mg	5%

SEASON

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

VARIETIES

- Baladi
- Early 116
- Wonderful
- Manfaluti



Pomegranate

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

Nutrition Facts per 100 grams

Calories 83

Total Fat	1.2g	2%
Cholesterol	0mg	0%
Sodium	3mg	0%
Total Carbohydrate	18.7g	7%
Dietary Fiber	4g	14%
Total Sugars	13.7g	27%
Protein	1.7g	3%
Calcium	10mg	1%
Iron	0.3mg	2%
Potassium	236mg	5%



Blackberries

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

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Nutrition Facts per 100 grams

Calories 43

Total Fat	0.5g	1%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrate	9.6g	3%
Dietary Fiber	5.3g	19%
Total Sugars	4.9g	10%
Protein	1.4g	3%
Calcium	29mg	2%
Iron	0.6mg	3%
Potassium	162mg	3%

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Blueberries

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

Nutrition Facts per 100 grams

Calories 57

Total Fat	0.3g	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrate	14.5g	5%
Dietary Fiber	2.4g	9%
Total Sugars	10g	20%
Protein	0.7g	1%
Calcium	6mg	0%
Iron	0.3mg	2%
Potassium	77mg	2%



Redberries

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

Nutrition Facts per 100 grams

Calories 355

Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	613mg	27%
Total Carbohydrate	87.1g	32%
Dietary Fiber	9.7g	35%
Total Sugars	29g	58%
Protein	6.5g	13%
Calcium	0mg	0%
Iron	26.1mg	145%
Potassium	226mg	5%



SEASON

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

VARIETIES

- Galia
- Goldstone

Cantaloupe

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup



Nutrition Facts per 100 grams

Calories 34

Total Fat	0.2g	0%
Cholesterol	0mg	0%
Sodium	16mg	1%
Total Carbohydrate	8.2g	3%
Dietary Fiber	0.9g	3%
Total Sugars	7.9g	16%
Protein	0.8g	2%
Calcium	9mg	1%
Iron	0.2mg	1%
Potassium	267mg	6%

SEASON

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

VARIETIES

- Sweet

Apricot

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

Nutrition Facts per 100 grams

Calories 48

Total Fat	0.4g	1%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrate	11.1g	4%
Dietary Fiber	2g	7%
Total Sugars	9.2g	18%
Protein	1.4g	3%
Calcium	13mg	1%
Iron	0.4mg	2%
Potassium	259mg	6%



SEASON

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

VARIETIES

- Early Sweet
- Crimson
- Flame
- Red Globe
- Prime Superior

Grapes

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

Fraiza

Grapes

Frozen Grapes

Fraiza

Grapes

Frozen Grapes

NET WT
400 g

Nutrition Facts per 100 grams

Calories 67

Total Fat	0.4g	1%
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrate	17.2g	6%
Dietary Fiber	0.9g	3%
Total Sugars	16.3g	33%
Protein	0.6g	1%
Calcium	14mg	1%
Iron	0.3mg	2%
Potassium	191mg	4%

SEASON

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

VARIETIES

- Zebda
- Fagri Kalan
- Ewais
- Tymor
- Indian
- Alfons
- Sukaria
- Kihat
- Senara

Mangoes

Nutrition Facts

Serving Size: 400g

Serving Per: 2/3 Cup

Fraiza

Mangoes

Frozen Mangoes

Fraiza

Mangoes

Frozen Mangoes

NET WT
400 g

Nutrition Facts per 100 grams

Calories 60

Total Fat	0.4g	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrate	15g	5%
Dietary Fiber	1.6g	6%
Total Sugars	13.7g	27%
Protein	0.8g	2%
Calcium	11mg	1%
Iron	0.2mg	1%
Potassium	168mg	6%

SEASON

JAN FEB MAR **APR** MAY JUN JUL AUG SEP OCT NOV DEC

VARIETIES

- Barakat
- Ezz
- Balady
- Nazlet-Hanna
- Kafr El-Gazar



Guava

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

Nutrition Facts per 100 grams

Calories 68

Total Fat	0.3g	1%
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrate	14.3g	5%
Dietary Fiber	5.4g	19%
Total Sugars	8.9g	18%
Protein	2.6g	5%
Calcium	18mg	1%
Iron	0.3mg	1%
Potassium	417mg	9%

SEASON

JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

VARIETIES

- Delta
- Festival
- Florida Elyana
- Fortuna
- Red Merlin
- Sonsation
- Vienna
- Winter Star

Strawberries

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

Nutrition Facts per 100 grams

Calories 32

Total Fat	0.3g	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrate	7.7g	3%
Dietary Fiber	2g	7%
Total Sugars	4.9g	10%
Protein	0.7g	1%
Calcium	16mg	1%
Iron	0.4mg	2%
Potassium	153mg	3%

Fraiza

Strawberries

Frozen strawberries

Fraiza

Strawberries

Frozen strawberries

NET WT
400 g



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