

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 limes, cucumbers, green beans, carrots, potatoes, yellow pears, red apples, red radishes, and red tomatoes.

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

Fraiza

Artichoke

Frozen Bottoms Artichoke

Fraiza

Artichoke

Frozen Bottoms Artichoke

NET WT
400 g

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

Fraiza

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

Fraiza

Soy Beans

Frozen Soy Beans

NET WT
400 g

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%

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

Fraiza

Broccoli
Frozen Broccoli Florets

Fraiza

Broccoli
Frozen Broccoli Florets

NET WT
400 g

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

- White
- Red
- Golden Onion

Onion (Whole)

Nutrition Facts

Serving Size: 400g

Serving Per: 2/3 Cup

Fraiza

Onion

Frozen Whole Onion

Fraiza

Onion

Frozen Whole Onion

NET WT
400 g

Nutrition Facts per 100 grams

Calories 81

Total Fat	0.01g
Cholesterol	0mg
Sodium	4mg
Total Carbohydrate	9g
Dietary Fiber	1.76g
Total Sugars	4.2g
Protein	1.1g
Calories	40mg
Iron	1mg
Potassium	146mg

SEASON

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

VARIETIES

- White
- Red
- Golden Onion

Minced Onion

Nutrition Facts

Serving Size: 400g

Serving Per: 2/3 Cup



Nutrition Facts per 100 grams

Calories 81

Total Fat	0.01g
Cholesterol	0mg
Sodium	4mg
Total Carbohydrate	9g
Dietary Fiber	1.76g
Total Sugars	4.2g
Protein	1.1g
Calories	40mg
Iron	1mg
Potassium	146mg

SEASON

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

VARIETIES

- White
- Red
- Golden Onion

Onion Rings

Nutrition Facts

Serving Size: 400g

Serving Per: 2/3 Cup

Fraiza

Onion Rings

Frozen Onion Rings

Fraiza

Onion Rings

Frozen Onion Rings

NET WT
400 g

Nutrition Facts per 100 grams

Calories 81

Total Fat	0.01g
Cholesterol	0mg
Sodium	4mg
Total Carbohydrate	9g
Dietary Fiber	1.76g
Total Sugars	4.2g
Protein	1.1g
Calories	40mg
Iron	1mg
Potassium	146mg

SEASON

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

VARIETIES

- White
- Red

Garlic Cloves

Nutrition Facts

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

Nutrition Facts per 100 grams

Calories 81

Total Fat	0.02g
Cholesterol	0mg
Sodium	0.51mg
Total Carbohydrate	0.99g
Dietary Fiber	0.06g
Total Sugars	0.03g
Protein	0.19g
Calcium	5.43mg
Iron	0.05mg
Potassium	12.03mg

Fraiza

Garlic

Frozen Garlic Cloves

Fraiza

Garlic

Frozen Garlic Cloves

NET WT
400 g

SEASON

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

VARIETIES

- White
- Red

Minced Garlic

Nutrition Facts

Serving Size: 400g

Serving Per: 2/3 Cup

Nutrition Facts per 100 grams

Calories 81

Total Fat	0.02g
Cholesterol	0mg
Sodium	0.51mg
Total Carbohydrate	0.99g
Dietary Fiber	0.06g
Total Sugars	0.03g
Protein	0.19g
Calcium	5.43mg
Iron	0.05mg
Potassium	12.03mg



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%

FRENZY



PRE-FRIED FROZEN POTATOES

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Green Fields, Working with a mission to advance and diversify the food industry regionally and globally. Specializes in producing a broad array of frozen food products. These include Pre-fried Frozen Potatoes, Coated and/or Seasoned Fries, Potato Specialties. The group, comprising multiple companies, engages in various facets of the food industry, spanning from design, manufacturing, trading, and supply of food service equipment to turnkey projects. We offer a comprehensive range of products such as cooking equipment, bakery equipment, cafeteria equipment, cold lines, sandwich panels, convection ovens, combi steamers, pizza ovens, fast food solutions, and computerized operated digital fryers. Moreover, we specialize in designing, manufacturing, supplying, and installing food processing lines and packaging machines with diverse capacities and product types, catering to both regional and global markets.



PRE-FRIED FROZEN POTATOES RANGE

Excellent taste .. outstanding quality .. high yield



Crispy Coated - The gluten free
Tasty benchmark in crispiness!



More flavour, shape and excitement !



Behind Every Great Successes Stands **Frenzy** Potato !



POTATO SPECIALITIES RANGE



You've gotta try them all!

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

Fraiza

Watermelon

Frozen watermelon

Watermelon

Frozen Watermelon

NET WT
400 g

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

Fraiza

Pomegranate

Frozen Pomegranate

Pomegranate

Frozen Pomegranate

NET WT
400 g

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



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%





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