



FRESH
FRUITS & VEGETABLES

Picked Fresh For You

info@fraiza.net
export@fraiza.net
www.fraiza.com
info@Green-Fields.org
export@Green-Fields.org
www.green-fields.org
Head Office:Egypt:52 Nokratees st, Ibrahimia, Suite 3, Second Floor,
Alexandria, Egypt.
Office:+(20)112 435 5556 +(20)115 559 1695 +(20)115 116 7566
+(20)111 288 8828
Cell:+(20)111 556 9725

GREEN FIELDS

VEGETABLES



ARTICHOKE



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

VARIETIES

- Baladi
- Violetta
- Romanesco
- Baby Artichokes

Nutrition Facts

Calories 64

Total Fat	0.4g
Cholesterol	0mg
Sodium	72mg
Total Carbohydrate	14g
Dietary Fiber	7g
Total Sugars	1.2g
Protein	3.5g
Vitamin C	8.9mg
Potassium	343mg
Magnesium	50.4mg

CAULIFLOWER



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

VARIETIES

- Early Snowball
- Baladi (Local)
- Early Benisa



Nutrition Facts

Calories 27

Total Fat	0.3g
Potassium	319.9mg
Sodium	32.1mg
Total Carbohydrate	5.3g
Dietary Fiber	2.1g
Total Sugars	2g
Protein	2.1g
Vitamin C	51.6mg
Vitamin B6	0.2mg
Magnesium	16mg

CABBAGE



SEASON

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

VARIETIES

- Green
- Red



Nutrition Facts

Calories 22

Total Fat	0.1g
Cholesterol	0mg
Sodium	16mg
Total Carbohydrate	5.2g
Dietary Fiber	2.2g
Total Sugars	2.9g
Protein	1.1g
Vitamin C	32.6mg
Vitamin k	67.6mcg
Folate	38.3mcg

ICEBERG LETTUCE



SEASON

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

VARIETIES

- Green
- Red



Nutrition Facts

Calories 10

Total Fat	0.1g
Cholesterol	0mg
Sodium	7.2mg
Total Carbohydrate	2.1g
Dietary Fiber	0.9g
Total Sugars	1.4g
Protein	0.6g
Vitamin C	2mg
Vitamin k	17.4mcg
Vitamin A	18mcg

PARSLEY



SEASON

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



Nutrition Facts

Calories 22

Total Fat	0.3g
Water	3.33g
Sodium	2.13mg
Total Carbohydrate	0.241g
Dietary Fiber	0.125g
Total Sugars	0.032g
Protein	0.113g
Vitamin C	5.05mg
Vitamin B6	0.003mg
Zinc	0.041mg

CELERY



SEASON

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



Nutrition Facts

Calories 5.6

Total Fat	0.1g
Cholesterol	0mg
Sodium	32mg
Total Carbohydrate	1.2g
Dietary Fiber	0.6g
Total Sugars	0.5g
Protein	0.3g
Vitamin A	8.8mcg
Vitamin K	11.7mcg
Potassium	104mg

BROCCOLI



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

VARIETIES

- Belstar
- Marathon
- Monza
- Emperador

Nutrition Facts

Calories 31

Total Fat	0.3g
Cholesterol	0mg
Sodium	72mg
Total Carbohydrate	6g
Dietary Fiber	2.4g
Total Sugars	1.5g
Protein	2.5g
Vitamin C	81.2mg
Calcium	42.8mg
Vitamin K	92.8mg

MUSHROOM



SEASON

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

VARIETIES

- Pleurotus Spp
- Agaricus Bisporus

Nutrition Facts

Calories 15

Total Fat	0.2g
Zinc	0.4mg
Sodium	3.5mg
Total Carbohydrate	2.3g
Dietary Fiber	0.7g
Total Sugars	1.4g
Protein	2.2g
Vitamin C	2.0mg
Vitamin D	0.2mg
Calsium	2.3mg

OKRA



SEASON

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

VARIETIES

- Falahi
- Rumi
- Red

Nutrition Facts

Calories 33

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

GREEN PEAS



SEASON

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

VARIETIES

- Egypt Snow
- Sugar Snap

Nutrition Facts

Calories 81

Total Fat	0.4g
Cholesterol	0mg
Sodium	5mg
Total Carbohydrate	14.5g
Dietary Fiber	5.7g
Total Sugars	5.7g
Protein	5.4g
Calcium	25mg
Iron	1.5mg
Potassium	244mg

GREEN BEANS



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

VARIETIES

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

Nutrition Facts

Calories 17

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

BROAD BEANS



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

VARIETIES

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

Nutrition Facts

Calories 110

Total Fat	0.4g
Cholesterol	0mg
Sodium	5mg
Total Carbohydrate	19.7g
Dietary Fiber	5.4g
Total Sugars	1.8g
Protein	7.6g
Calcium	36mg
Iron	1.5mg
Potassium	268mg

SOY BEANS



SEASON

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

VARIETIES

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

Nutrition Facts

Calories 110

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

SPINACH



SEASON

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



Nutrition Facts

Calories 23

Total Fat	0.4g
Cholesterol	0mg
Sodium	79mg
Total Carbohydrate	3.6g
Dietary Fiber	2.2g
Total Sugars	0.4g
Protein	2.9g
Calcium	99mg
Iron	2.7mg
Potassium	558mg

MOLOKHIA



SEASON

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

Nutrition Facts

Calories 30

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

VINE LEAVES



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

Nutrition Facts

Calories 93

Total Fat	2.1g
Cholesterol	0mg
Sodium	9mg
Total Carbohydrate	17g
Dietary Fiber	11g
Total Sugars	6g
Protein	6g
Calcium	390mg
Iron	2.3mg
Potassium	272mg

TOMATOES



SEASON

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

VARIETIES

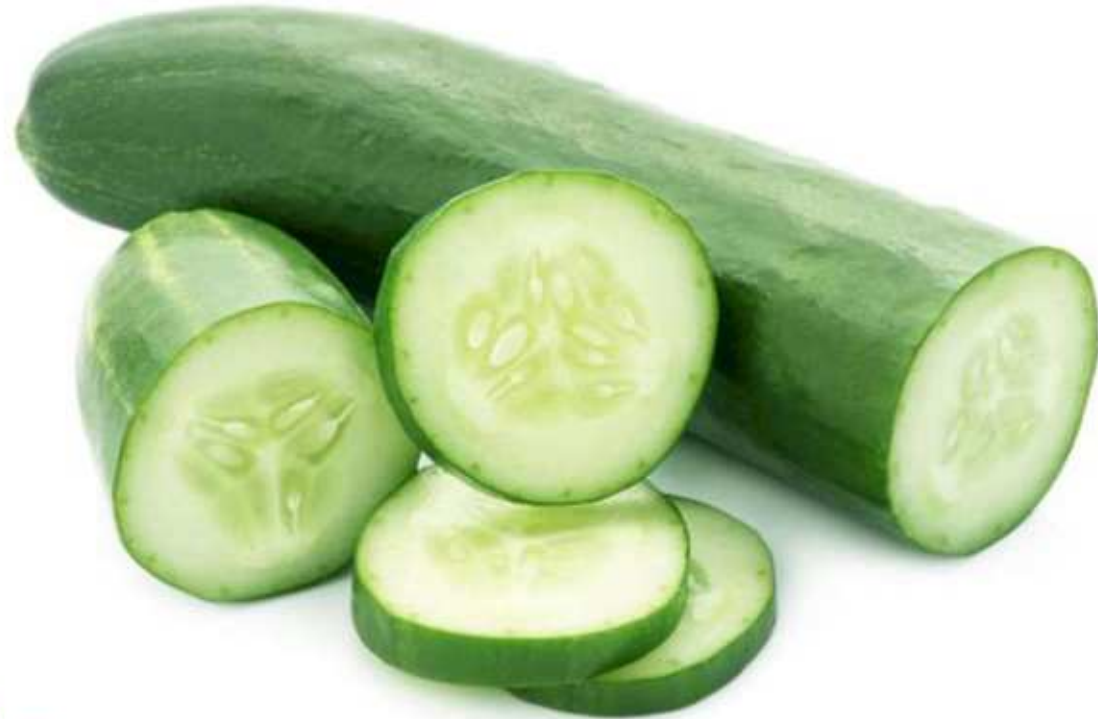
- Cherry Tomato
- Rogina

Nutrition Facts

Calories 22

Total Fat	0g
Cholesterol	0mg
Sodium	6mg
Total Carbohydrate	5g
Dietary Fiber	1g
Total Sugars	3g
Protein	1g
Vitamin C	12.5mg
Vitamin E	0.5mg
Vitamin A	38.2mcg

CUCUMBER



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

Nutrition Facts

Calories 16

Total Fat	0.2g
Cholesterol	0mg
Sodium	2mg
Total Carbohydrate	2.9g
Dietary Fiber	0.6g
Total Sugars	0.9g
Protein	0.6g
Vitamin C	3mg
Vitamin B5	0.3mg
Magnesium	12mg

MARROW



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

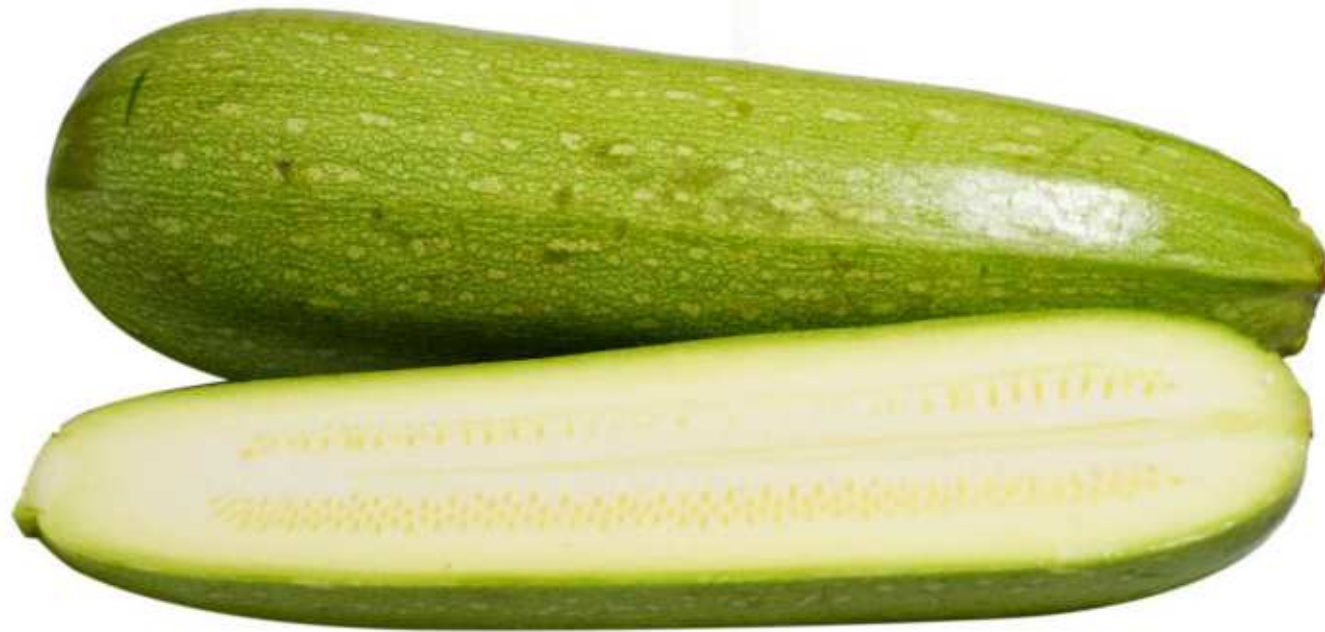


Nutrition Facts

Calories 12

Total Fat	0g
Cholesterol	0mg
Sodium	1mg
Total Carbohydrate	2g
Dietary Fiber	1g
Total Sugars	2g
Protein	1g
Vitamin C	1mg
Vitamin B5	0.3mg
Magnesium	10mg

ZUCCHINI



SEASON

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



Nutrition Facts

Calories 21

Total Fat	0.4g
Cholesterol	0mg
Sodium	10mg
Total Carbohydrate	3.9g
Dietary Fiber	1.2g
Total Sugars	3g
Protein	1.5g
Iron	0.5mg
Calcium	20mg
Potassium	324mg

EGGPLANT



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

VARIETIES

- Alabaster
- Mileda F1
- Rima F1
- Rondona F1

Nutrition Facts

Calories 25

Total Fat	0.2g
Cholesterol	0mg
Sodium	2mg
Total Carbohydrate	6g
Dietary Fiber	3g
Total Sugars	3.5g
Protein	1g
Magnesium	0.2mg
Potassium	188mg
Calcium	9mg



CARROTS



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

VARIETIES

- Soprano F1

Nutrition Facts

Calories 25

Total Fat	0g
Cholesterol	0mg
Sodium	42mg
Total Carbohydrate	6g
Dietary Fiber	1.5g
Total Sugars	2.9g
Protein	0.5g
Vitamin A	509mc
Vitamin K	8mcg
Potassium	195.2mg

TARO



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC



Nutrition Facts

Calories 112

Total Fat	0g
Cholesterol	0mg
Sodium	11mg
Total Carbohydrate	26.46g
Dietary Fiber	4.1g
Total Sugars	1g
Protein	1.50g
Vitamin A	76IU
Vitamin C	4.5mg
Calcium	43mg

GINGER



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

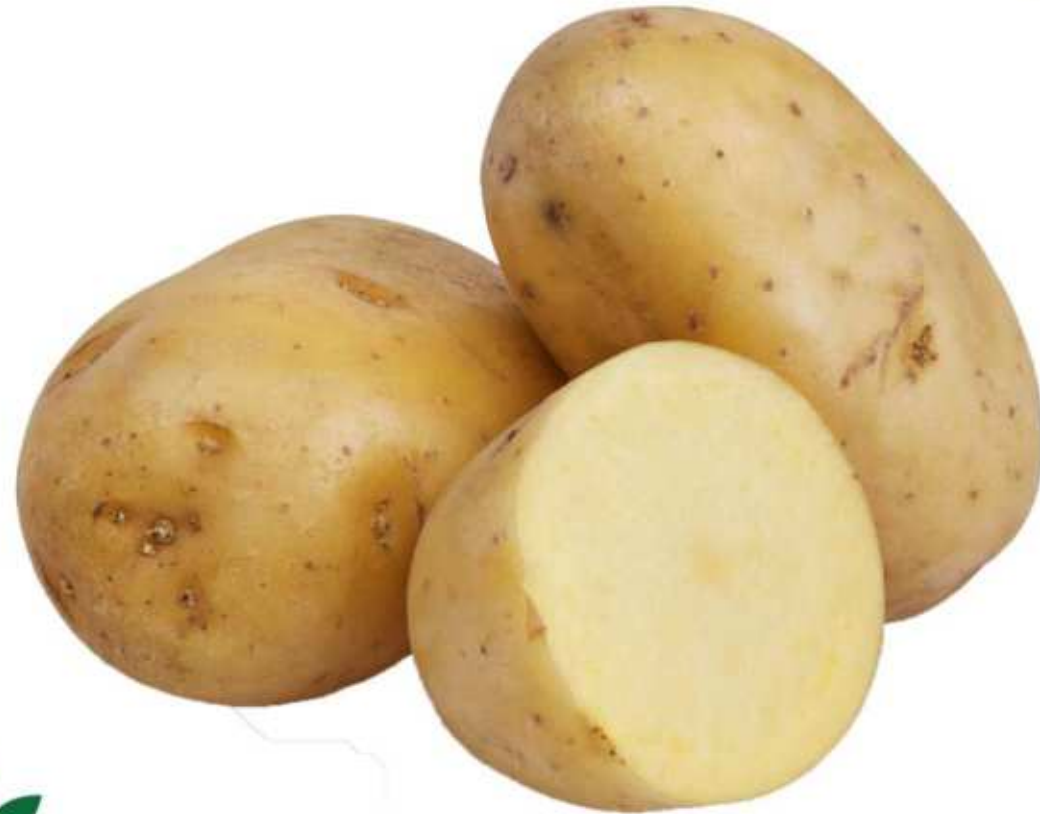


Nutrition Facts

Calories 80

Total Fat	0.8g
Cholesterol	0mg
Sodium	13mg
Total Carbohydrate	18g
Dietary Fiber	2g
Total Sugars	1.7g
Protein	1.8g
Iron	3%
Vitamin C	8%
Potassium	415mg

POTATOES



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

VARIETIES

- Spunta,
- Cara
- Lady rousetta
- Nicola
- Diamonti

Nutrition Facts

Calories 164

Total Fat	0.g
Cholesterol	0mg
Sodium	2mg
Total Carbohydrate	37g
Dietary Fiber	4g
Total Sugars	1.9g
Protein	4.6g
Vitamin C	14.4mg
Vitamin B6	0.6mg
Potassium	379mg

SWEET POTATOES



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

VARIETIES

- Orange Flesh
- White Flesh

Nutrition Facts

Calories 162

Total Fat	0.1g
Cholesterol	0mg
Sodium	71mg
Total Carbohydrate	37g
Dietary Fiber	3.9g
Total Sugars	4.5g
Protein	3.6g
Vitamin C	35.3mg
Vitamin A	1730 mcg
Potassium	855mg

SWEET CORN



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC



Nutrition Facts

Calories 88

Total Fat	1.4g
Cholesterol	0mg
Sodium	15mg
Total Carbohydrate	19g
Dietary Fiber	2g
Total Sugars	6.4g
Protein	3.3g
Vitamin C	6.9mg
Vitamin B5	0.7mg
Zinc	0.5mg

ONIONS



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

VARIETIES

- Red Onion
- Whitw Onion
- Gold Onion
- Spring Onion

Nutrition Facts

Calories 44

Total Fat	0.1g
Cholesterol	0mg
Sodium	4.4mg
Total Carbohydrate	10.3g
Dietary Fiber	1.9g
Total Sugars	4.7g
Protein	1.2g
Vitamin C	8.1mg
Vitamin B6	0.1mg
Magnesium	0.1mg

GARLIC



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

VARIETIES

- White Garlic (Baladi)

Nutrition Facts

Calories 4.5

Total Fat	0g
Cholesterol	0mg
Sodium	0.5mg
Total Carbohydrate	1g
Dietary Fiber	0.1g
Total Sugars	0g
Protein	0.2g
Vitamin D	0.9mg
Calcium	0.04mcg
Iron	0.5mg



HOT CHILIES PEPPER



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

VARIETIES

- Green
- Yellow
- Red

Nutrition Facts

Calories 6

Total Fat	0.1g
Cholesterol	0mg
Sodium	88%
Total Carbohydrate	1.3g
Dietary Fiber	0.2g
Total Sugars	0.8g
Protein	0.3g
Vitamin D	0mcg
Calcium	2.1mcg
Iron	0.1mg

CAPSICUM PEPPER



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

VARIETIES

- Green
- Yellow
- Red

Nutrition Facts

Calories 39

Total Fat	0.5g
Cholesterol	0mg
Sodium	6mg
Total Carbohydrate	9g
Dietary Fiber	3.1g
Total Sugars	6.3g
Protein	1.5g
Vitamin C	190mg
Vitamin A	233.9mcg
Vitamin E	2.4mg



OLIVES



SEASON

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

VARIETIES

- Green
- Black

There are many olives varieties in Egypt. The fruits can be harvested green (Unripe) or fully ripened to black, or any stage in between. The key to olives' flavor, color and texture is the moment of .harvesting

Nutrition Facts

Calories 116

Total Fat	10.9g
Cholesterol	0mg
Sodium	1220mg
Total Carbohydrate	6g
Dietary Fiber	1.6g
Total Sugars	0g
Protein	0.8g
Vitamin C	0.9mg
Vitamin A	403IU
Vitamin E	1.65mg

BEETROOTS



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

Nutrition Facts

Calories 58

Total Fat	0.2.g
Cholesterol	0mg
Sodium	106mg
Total Carbohydrate	13g
Dietary Fiber	3.8g
Total Sugars	9.2g
Protein	2.2g
Potassium	442mg
Calcium	21.76mg
Iron	1.09mg



GREEN FIELDS

FRUITS



MANGOES



SEASON

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

VARIETIES

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

Nutrition Facts

Calories 99

Total Fat	0.6g
Cholesterol	0mg
Sodium	6mg
Total Carbohydrate	24.7g
Dietary Fiber	2.6g
Total Sugars	22.5g
Protein	1.4g
Vitamin C	76%
Vitamin A	10%
Vitamin E	10%



BANANAS



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

VARIETIES

- Musa sapientum
- M. cavendishii
- M.nana

Nutrition Facts

Calories 89

Total Fat	0.3g
Cholesterol	0mg
Water	75%
Total Carbohydrate	22.8g
Dietary Fiber	2.6g
Total Sugars	12.2g
Protein	1.1g
Vitamin B6	33%
Vitamin C	10.3mg
Sodium	1.2mg



PUMPKINS



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

VARIETIES

- Baladi
- Kabocha
- Spaghetti Squash

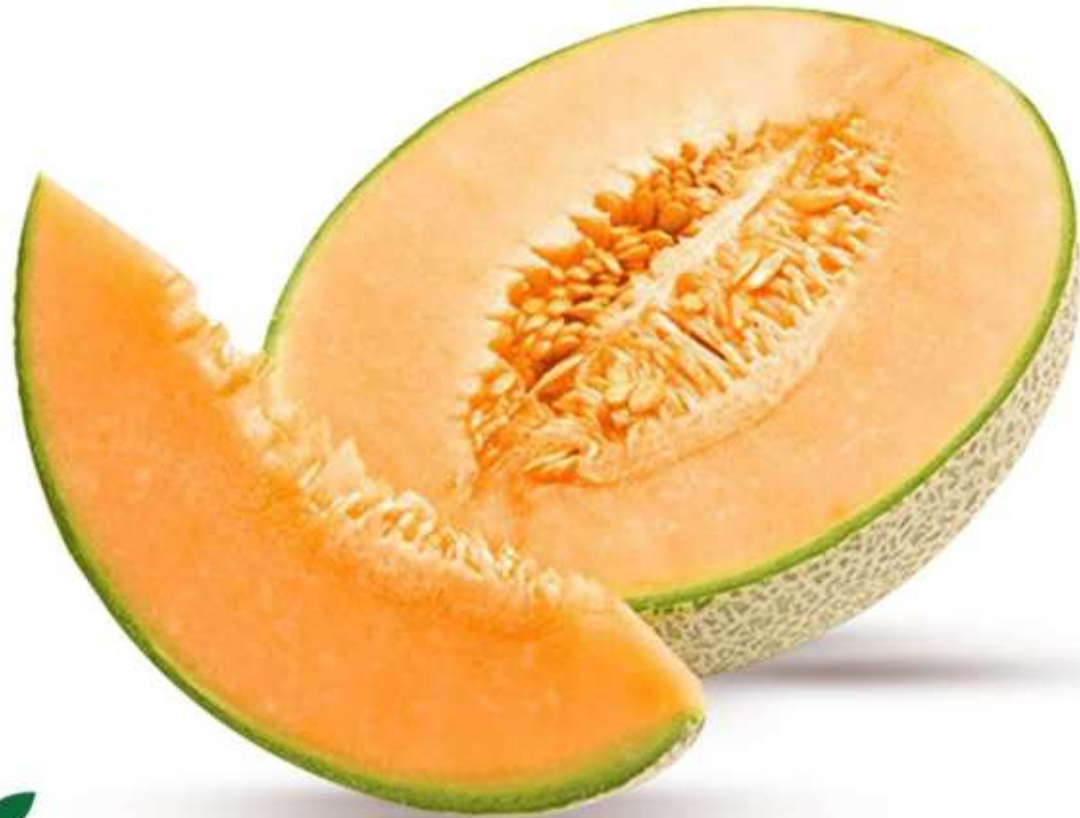
Nutrition Facts

Calories 49

Total Fat	0.2g
Cholesterol	0mg
Water	75%
Total Carbohydrate	12g
Dietary Fiber	2.7g
Total Sugars	5.1g
Protein	1.8g
Vitamin A	706mcg
Vitamin C	11.5mg
Sodium	2.5mg



CANTALOPE



SEASON

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

VARIETIES

- Galia
- Goldstone

Nutrition Facts

Calories 60

Total Fat	0.3g
Cholesterol	0mg
Sodium	28mg
Total Carbohydrate	14.4g
Dietary Fiber	1.6g
Total Sugars	14g
Protein	1.5g
Vitamin C	65mg
Vitamin A	299.1mcg
Vitamin K	4.4mcg



MELON



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

VARIETIES

- Ideal F1
- Primal F1

Nutrition Facts

Calories 64

Total Fat	0.3g
Cholesterol	0mg
Sodium	32mg
Total Carbohydrate	16g
Dietary Fiber	1.4g
Total Sugars	14g
Protein	1g
Vitamin C	31.9mg
Potassium	404mg
Potassium	267mg

WATERMELON



SEASON

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

VARIETIES

- Escatta

Nutrition Facts

Calories 46

Total Fat	0.2g
Cholesterol	0mg
Sodium	1.5mg
Total Carbohydrate	11.5g
Dietary Fiber	0.6g
Total Sugars	9.4g
Protein	0.9g
Vitamin C	12.3mg
Vitamin A	42.6mcg
Potassium	116mg

POMEGRANATE



SEASON

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

VARIETIES

- Baladi
- Early 116
- Wonderful
- Manfaluti



Nutrition Facts

Calories 234

Total Fat	3.3g
Cholesterol	0mg
Sodium	8.4mg
Total Carbohydrate	29g
Dietary Fiber	11.3g
Total Sugars	38.6g
Protein	4.7g
Vitamin C	28.8mg
Vitamin K	46.2mcg
Iron	0.8mg

STRAWBERRIES



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

VARIETIES

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



Nutrition Facts

Calories 49

Total Fat	0.5g
Cholesterol	0mg
Sodium	1.5mg
Total Carbohydrate	11.7g
Dietary Fiber	3g
Total Sugars	7.4g
Protein	1g
Vitamin C	89.4mg
Potassium	233mg
Magnesium	19.8mg

ORANGES



SEASON

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

VARIETIES

- Baladi
- Navel
- Sweet Oranges
- Shamouti
- Valencia
- Blood oranges
- Sukari
- Khalili Orange

Nutrition Facts

Calories 73

Total Fat	0.2g
Cholesterol	0mg
Sodium	13mg
Total Carbohydrate	16.5g
Dietary Fiber	2.8g
Total Sugars	12g
Protein	1.3g
Vitamin C	82.7mg
Potassium	232mg
Calcium	60.2mg

GRAPEFRUIT



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

VARIETIES

- Star Ruby (Dark Red)
- Ruby Red

Nutrition Facts

Calories 42

Total Fat	0.1g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	11g
Dietary Fiber	1.6g
Total Sugars	7g
Protein	0.8g
Vitamin C	52%
Potassium	135mg
Calcium	2%



LEMON



SEASON

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

VARIETIES

- Adalia
- Sheairy
- Balady

Nutrition Facts

Calories 29

Total Fat	0.3g
Cholesterol	0mg
Sodium	2mg
Total Carbohydrate	9g
Dietary Fiber	2.8g
Total Sugars	2.5g
Protein	1.1g
Vitamin C	88%
Potassium	138mg
Calcium	2%

MANDARIN



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

VARIETIES

- Baladi
- Mandarin
- Clementine
- Fremont

Nutrition Facts

Calories 40

Total Fat	0.2g
Cholesterol	0mg
Sodium	1.5mg
Total Carbohydrate	10.1g
Dietary Fiber	1.3g
Total Sugars	8g
Protein	0.6g
Vitamin C	25%
Calcium	30mg
Iron	0.13mg

PERSIMMONS



SEASON

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

VARIETIES

- Costata
- Kenokoma
- Ormond
- Fuyu
- Hachiya
- Tamopan

Nutrition Facts

Calories 118

Total Fat	0.3g
Cholesterol	0mg
Sodium	1.7mg
Total Carbohydrate	31g
Dietary Fiber	6g
Total Sugars	21g
Protein	1g
Potassium	270mg
Beta Carotene	425mcg
Vitamin C	20%

APPLE



SEASON

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

VARIETIES

- Red Prince
- Golden

Nutrition Facts

Calories 104

Total Fat	0.3g
Cholesterol	0mg
Sodium	2mg
Total Carbohydrate	27.6g
Dietary Fiber	4.8g
Total Sugars	20.8g
Protein	0.5g
Potassium	214mg
Vitamin A	6mcg
Vitamin C	9.2mg

PEARS



SEASON

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

VARIETIES

- Yellow
- Green

Nutrition Facts

Calories 101

Total Fat	0.3g
Cholesterol	0mg
Sodium	1.8mg
Total Carbohydrate	27g
Dietary Fiber	5.5g
Total Sugars	17g
Protein	0.6g
Potassium	206mg
Vitamin K	7.8mcg
Vitamin C	9%

GUAVAS



SEASON

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

VARIETIES

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

Nutrition Facts

Calories 112

Total Fat	1.6g
Cholesterol	0mg
Sodium	3.3mg
Total Carbohydrate	23.6g
Dietary Fiber	8.9g
Total Sugars	14.7g
Protein	4.2g
Potassium	688mg
Folate	81mcg
Vitamin C	376mg

AVOCADO



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC



Nutrition Facts

Calories 160

Total Fat	14.7g
Cholesterol	0mg
Sodium	7mg
Total Carbohydrate	8.5g
Dietary Fiber	6.7g
Total Sugars	0.7g
Protein	2g
Potassium	485mg
Magnesium	29mg
Vitamin C	10mg

APRICOT



SEASON

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

VARIETIES

- Sweet

Nutrition Facts

Calories 17

Total Fat	0.1g
Cholesterol	0mg
Sodium	0.4mg
Total Carbohydrate	3.9g
Dietary Fiber	0.7g
Total Sugars	3.2g
Protein	0.5g
Potassium	90.6mg
Vitamin A	33.6mcg
Phosphorus	8.1mg

PEACH



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

VARIETIES

- Florida
- Desert Red
- Swelling
- Sweet
- Baladi
- Freestone
- Clingstone



Nutrition Facts

Calories 5

Total Fat	0.3g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	12.4g
Dietary Fiber	1.9g
Total Sugars	10.9g
Protein	1.2g
Vitamin A	20.8mcg
Vitamin C	8.6mg
Vitamin E	0.9mg

PLUMS



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC



Nutrition Facts

Calories 30

Total Fat	0.2g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	7.5g
Dietary Fiber	0.9g
Total Sugars	6.6g
Protein	0.5g
Vitamin A	11.2mcg
Vitamin C	6.27mg
Potassium	192mg

FIGS



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

VARIETIES

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

Nutrition Facts

Calories 30

Total Fat	0.1g
Cholesterol	0mg
Sodium	0.4mg
Total Carbohydrate	7.7g
Dietary Fiber	1.2g
Total Sugars	6.5g
Protein	0.3g
Potasium	93mg
Magnesium	7mg
Calcium	15mg

PRICKLY PEAR



SEASON

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

VARIETIES

- Yellow
- Light green
- Orange
- Pink
- Red

Nutrition Facts

Calories 61

Total Fat	0.76g
Cholesterol	0mg
Vitamin C	20.9mg
Total Carbohydrate	14.3g
Dietary Fiber	5.36g
Total Sugars	5g
Protein	1.9g
Potassium	328mg
Magnesium	127mg
Calcium	83.4mg

CUSTARD APPLE



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC



Nutrition Facts

Calories 94

Total Fat	0.0g
Cholesterol	0mg
Sodium	9mg
Total Carbohydrate	23.6g
Dietary Fiber	4.4g
Iron	3%
Protein	2.1g
Potassium	247mg
Vitamin C	60%
Calcium	2%

GRAPES



SEASON

JAN

FEB

MAR

APR

MAY

JUN

JUL

AUG

SEP

OCT

NOV

DEC

VARIETIES

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

Nutrition Facts

Calories 62

Total Fat	0.3g
Cholesterol	0mg
Sodium	2mg
Total Carbohydrate	16g
Dietary Fiber	1g
Total Sugars	15g
Protein	0.6g
Vitamin C	3.86mg
Vitamin K	13.4mcg
Vitamin A	4.6mcg

DATES



SEASON

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

VARIETIES

- Siwi
- Azzawi
- Frehi
- Hayany
- Zaghloul
- Seidi
- Barhi

Nutrition Facts

Calories 23

Total Fat	0g
Cholesterol	0mg
Sodium	0.2mg
Total Carbohydrate	6g
Dietary Fiber	0.6g
Total Sugars	5g
Protein	0.2g
Potassium	53mg
Magnesium	3.4mg
Iron	0.1mg

