



IQF Mixed Vegetables (Peas, Beans & Carrots)

A carefully balanced mix of green peas, green beans, and carrots, Unifood IQF Mixed Vegetables are selected from premium farms and individually quick frozen to preserve their natural freshness, color, and nutritional value. Each vegetable is frozen separately using advanced IQF technology to maintain its texture, shape, and flavor after cooking.

This versatile mix is perfect for a wide range of dishes including soups, rice, vegetable sides, and ready meals. With consistent quality and vibrant appearance, Unifood Mixed Vegetables offer a convenient and reliable solution for both home kitchens and professional food service.

Product Information

Brand	UniFood
SKU	
Pack Size	400 g
Net Wt	8 kg 20*400 g
Gross Wt	8.4 kg

Shipping Information

dimension	100 *120 cm
Ti * Hi	10*10
Slip Sheets:	yes
Corner Posts:	yes
Stretch Wrap:	yes

Nutration Facts

Nutrition Facts	
Serving size 100g	
Amount Per Serving	
Calories	45
% Daily Value*	
Total Fat 0.09g	0%
Total Carbohydrate 6.9g	3%
Dietary Fiber 0g	
Total Sugars 6g	
Protein 3g	6%
Sodium 50mg	2%
Vitamin C 0.7mg	1%
Calcium 516mg	40%
Iron 1.8mg	10%
Vitamin A 6000 IU	667%
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* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Climate

- Individually Quick Frozen (IQF)
- Selected from premium farms
- Natural taste and color retention
- No preservatives
- Easy to cook
- Consistent quality and size

Cooking instruction

Cook directly from frozen – no thawing required.

Unifood Mixed Vegetables can be cooked directly from their frozen state and used the same way as fresh vegetables.

Storage conditions and shelf life:

Storage conditions

The product shall be handled in such a way as to maintain the quality during transportation, storage, and distribution. The handling and storage should be in accordance with the regulations and codes of practice referred to in this specification. The product shall not be stored with goods that may cause contamination. store at -18° C or blew.

Shelf life

540 days from the date of production

For food safety, quality, and thorough cooking, please follow the instructions below.

Keep frozen until ready to prepare.

Product is not ready to eat until fully cooked to an internal temperature of 165°F (74°C).

Ingredients:

100% (Green Peas - Green Beans - Carrots)

<https://unifood.com.eg/>
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