



IQF FROZEN MOLOKHIA

Carefully selected from premium farms and processed under strict quality standards, Unifood Frozen Molokhia is finely chopped and frozen to preserve its natural freshness, color, and nutritional value. Using advanced freezing technology, molokhia maintains its rich texture and authentic flavor after cooking.

Ready to use and easy to prepare, Unifood Molokhia is perfect for traditional dishes, offering a consistent and reliable ingredient for both home kitchens and professional food service. It delivers the authentic taste of homemade molokhia with maximum convenience.



Nutrition Facts

Nutrition Facts per 100g serving

Calories	42 Kcal
Fat	0.02g
Carbohydrate	6.5g
Crude Fibre	1.3g
Protein	1.7g
Sodium	45mg
Vitamin C	16mg
Vitamin A	12500 IU

Ingredients:

100% Molokhia

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

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

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 Frozen Molokhia can be prepared directly from its frozen state and used in traditional recipe

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 below.

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).