



Extra Less than 2.0 cm

Nutration Facts

Nutrition Facts	
Serving size 100g	
Amount Per Serving	
Calories	44
	% Daily Value*
Total Fat 0.25g	0%
Total Carbohydrate 6.63g	2%
Dietary Fiber 2.2g	
Total Sugars 2.97g	
Protein 1.69g	3%
Sodium 3mg	0%
Vitamin C 12.4mg	14%
Calcium 81mg	6%
Iron 0.57mg	3%
Vitamin A 350 IU	7%

* 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.

Ingredients:

100% Okra

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



IQF FROZEN OKRA EXTRA

Carefully selected from premium farms and individually quick frozen to preserve its natural freshness, Unifood IQF Frozen Okra delivers excellent quality, vibrant green color, and natural flavor in every serving. Thanks to advanced IQF technology, each pod remains separate and maintains its tender yet firm texture after cooking.

Convenient and ready to cook, Unifood Frozen Okra can be easily used in traditional dishes, soups, and stews, offering a reliable ingredient that combines freshness, quality, and ease of preparation 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

dimention	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 Okra can be cooked directly from its 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).