



IQF FROZEN Peas & Carrots

A perfect blend of naturally sweet green peas and tender carrots, Unifood IQF Frozen Peas & Carrots are carefully selected and individually quick frozen to preserve their freshness, color, and nutritional value. Each ingredient is frozen separately using advanced IQF technology to maintain its shape, texture, and flavor after cooking.

This balanced vegetable mix offers both convenience and versatility, making it ideal for soups, rice dishes, vegetable sides, and a variety of hot meals. With consistent quality and vibrant appearance, Unifood Peas & Carrots are a reliable choice for both home cooking and professional kitchens.

Nutration Facts

Nutrition Facts	
Serving size 100g	
Amount Per Serving	
Calories	50
% Daily Value*	
Total Fat 1.34g	2%
Total Carbohydrate 13.67g	5%
Dietary Fiber 5.2g	
Total Sugars 1.5g	
Protein 9.66g	19%
Sodium 224.4mg	10%
Vitamin C 34.8mg	39%
Sugars	
Calcium 78.68mg	6%
Iron 3.1mg	17%
Vitamin A 2697 IU	300%
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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.

Ingredients:

100% (Green Peas - Carrots)

<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

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 Peas & Carrots can be cooked directly from their frozen state and used the same way as fresh green beans.

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).