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PRODUCTION CATALOGUE

Deep Frozen Fruits, Berries and Vegetables



Strawberry IQF

Nutritional value (in 100 g): Carbohydrates - 0.6 g, Proteins - 0.9 g, Org. acids - 0.6 g
Vitamins : B₁, B₂, C
Mineral elements: Fe, Ca, K, Na, P
Energy value (100g): 34 kcal
Use after defrosting

Defrosting: 1. Content of the package defrost in microwave oven 3min.
2. Add the content into the warm water.

Double defrosting not permitted

Net weight: 1000 g \pm 3 %

Keep and ship under -20 \pm 20 °C

Shelf life - 12 months



Raspberry IQF

Nutritional value (in 100 g): Carbohydrates – 5.4 g, Proteins – 1.2 g, Org. acids – 0.9 g
Vitamins: B₁, B₂, C
Mineral elements: Fe, Ca, K, Na, P
Energy value (100g): 28.5 kcal
Use after defrosting

Defrosting: 1. Content of the package defrost in microwave oven 3min.
2. Add the content into the warm water.

Double defrosting not permitted

Net weight: 1000 g \pm 3 %

Keep and ship under -20 \pm 20 °C

Shelf life - 12 months



Blackberry IQF

Nutritional value (in 100 g): Carbohydrates –6 g, Proteins – 0.8 g, Org. acids – 1.8 g,
Vitamins: B₁, B₂, C
Mineral elements: Fe, Ca, K, Na, P
Energy value (100 g): 28.5 kcal
Use after defrosting

Defrosting: 1. Content of the package defrost in microwave oven during 3 min.
2. Add into the warm water.

Double defrosting not permitted
Net weight: 1000 g \pm 3 %
Keep and ship under -20 \pm 20 °C
Shelf life - 12 months



Apricot IQF

Nutritional value (in 100 g): Carbohydrates – 10.2 g, Proteins – 0.9 g, Org. acids – 1.1 g, Vitamins : B₁, B₂, C
Mineral elements: Fe, Ca, K, Na, P
Energy value (100g): 46 kcal
Use after defrosting
Defrosting: 1. Content of the package defrost in microwave oven 3min.
2. Add into the warm water.

Double defrosting not permitted
Net weight: 1000g \pm 3 %
Keep and ship under -20 \pm 20 °C
Shelf life - 12 months



Peach IQF

Nutritional value (in 100 g): Carbohydrates – 9.0 g, Proteins – 0.7 g, Org. acids – 1.0 g, Vitamins: B₁, B₂, C
Mineral elements: Fe, Ca, K, Na, P
Energy value (100g): 40 kcal
Use after defrosting
Defrosting: 1. Content of the package defrost in microwave oven 3min.
2. Add into the warm water.

Double defrosting not permitted
Net weight: 1000 g \pm 3 %
Keep and ship under -20 \pm 20 °C
Shelf life - 12 months



Cherry IQF

Nutritional value (in 100 g): Carbohydrates – 11.0 g, Proteins – 0.8 g, Org. acids – 1.6 g, Vitamins : B₁, B₂, C
Mineral elements: Fe, Ca, K, Na, P
Energy value (100 g): 51 kcal
Use after defrosting
Defrosting: 1. Content of the package defrost in microwave oven 3min.
2. Add into the warm water.

Double defrosting not permitted
Net weight: 1000 g \pm 3 %

Keep and ship under -20 \pm 20 °C
Shelf life - 12 months



Beans (pods) IQF

Nutritional value (in 100 g): Carbohydrates – 4.3 g, Proteins – 4 g, Cellulose – 1.0 g, Vitamins : B₁, B₂, C
Mineral elements: Fe, Ca, K, Na, P
Energy value (100 g): 40 kcal
Method of preparation: Add content of the package into the less quantity of boiling water and cook up to readiness
Double defrosting not permitted

Net weight: 1000 g \pm 3 %

Keep and ship under -20 ± 20 °C
Shelf life - 12 months



Cauliflower florets IQF

Nutritional value (in 100 g): Carbohydrates – 4.9 g, Proteins – 2.5 g, Cellulose – 0.9 g, Vitamins : B₁, B₂, C
Mineral elements: Fe, Ca, K, Na, P
Energy value (100g): 30 kcal
Method of preparation: Pour the package's content into the less quantity of boiling water and cook up to readiness
Double defrosting not permitted

Net weight: 1000 g ± 3 %
Keep and ship under -20 ± 20 °C
Shelf life - 12 months



Egg plant IQF (dices, slices or hollowed ready for dolma)

Nutritional value (in 100 g): Carbohydrates – 4.5 g, Proteins – 1.0 g, Cellulose – 1.5 g, Vitamins: B₁, B₂, C
Mineral elements: Fe, Ca, K, Na, P
Energy value (100 g): 23 kcal
Method of preparation: Put package's content into the warm water for a moment, then take it out and use
Double defrosting not permitted
Net weight: 1000 g ± 3 %
Keep and ship under -20 ± 20 °C
Shelf life - 12 months



Green pepper IQF

Nutritional value (in 100 g): Carbohydrates – 4.7 g, Proteins – 1.3 g, Cellulose – 1.5 g, Vitamins : B₁, B₂, C
Mineral elements: Fe, Ca, K, Na, P
Energy value (100 g): 25 kcal
Method of preparation: Add content into the warm water for a moment, then take it out and use.
Double defrosting not permitted

Net weight: 1000 g ± 3 %
Keep and ship under -20 ± 20 °C
Shelf life 12 months

Red pepper IQF

Nutritional value (in 100 g): Carbohydrates – 5.7 g, Proteins – 1.3 g, Cellulose – 1.4 g, Vitamins : B₁, B₂, C
Mineral elements: Fe, Ca, K, Na, P
Energy value (100 g): 29 kcal
Method of preparation: Add package's content into the warm water, then take it out and use.
Double defrosting not permitted
Net weight: 1000 g ± 3 %
Keep and ship under -20 ± 20 °C
Shelf life 12 months



Mixed vegetables IQF

Composition: egg plant, pepper, tomato, bean, potato, carrot
Nutritional value (in 100 g): Carbohydrates – 9 g, Proteins, Cellulose, Vitamins : B₁, B₂, C
Mineral elements: Fe, Ca, K, Na, P
Energy value (100 g): 40 kcal
Method of preparation: Pour the package's content into the less quantity of boiling water and cook up to readiness
Double defrosting not permitted

Net weight: 1000 g ±3 %
Keep and ship under -20 ±20 °C
Shelf life 12 months



Spinach IQF

Nutritional value (in 100 g): Carbohydrates – 1.8 g, Proteins – 2.3 g, Vitamins : B₁, B₂, C
Mineral elements: Fe, Ca, K, Na, P
Energy value (100g): 18 kcal
Method of preparation: Add the package's content into the less quantity of boiling water and cook up to readiness
Double defrosting not permitted

Net weight: 1000 g ±3 %
Keep and ship under -20 ±20 °C
Shelf life 12 months



Chervil IQF

Nutritional value (in 100 g): Carbohydrates – 2.2 g, Proteins – 2.3 g, Vitamins : B₁, B₂, C
Mineral elements: Fe, Ca, K, Na, P
Energy value (100 g): 9 kcal
Method of preparation: Add the package's content into the less quantity of boiling water and cook up to readiness
Double defrosting not permitted
Net weight: 1000 g ±3 %
Keep and ship under -20 ±20 °C
Shelf life 12 months



Falcaria IQF

Nutritional value (in 100 g): Carbohydrates – 4.2 g, Proteins – 2.3 g, Vitamins : B₁, B₂, C
Mineral elements: Fe, Ca, K, Na, P
Energy value (100 g): 17 kcal
Method of preparation: Pour the package's content into the less quantity of boiling water and cook up to readiness
Double defrosting not permitted
Net weight: 1000 g ±3 %
Keep and ship under -20 ±20 °C
Shelf life 12 months



Turnip chervil IQF

Nutritional value (in 100 g); Carbohydrates – 4.2 g, Proteins – 2.3 g, Vitamins : B₁, B₂, C

Mineral elements: Fe, Ca, K, Na, P

Energy value (100 g): 17 kcal

Method of preparation: Add the package's content into the less quantity of boiling water and cook up to readiness

Double defrosting not permitted

Net weight: 1000 g ± 3 %

Keep and ship under -20 ± 20 °C

Shelf life 12 months

