

Cauliflower - IQF Premium Quality

Product Specifications

Product Name: Cauliflower

Brand: OPS Oman

Product Type: Individually Quick Frozen (IQF)

Quality Grade: Premium

Packaging Information

- **Unit Size:** 2.5 KG per pack
- **Pack Format:** 4 packs per carton
- **Total Carton Weight:** 10 KG
- **Packaging Material:** Food-grade polyethylene bags in corrugated carton
- **Package Dimensions:** 40cm × 30cm × 25cm (approximate)

Storage & Handling

- **Storage Temperature:** -18°C or below
- **Shelf Life:** 24 months from production date when properly stored
- **Transport Conditions:** Maintain frozen at -18°C or below
- **Handling Instructions:** Do not refreeze after thawing

Product Characteristics

- **Appearance:** White to off-white florets
- **Size Range:** 20-40mm florets
- **Texture When Cooked:** Tender, not mushy
- **Foreign Material:** Less than 0.1% by weight
- **Defects:** Less than 2% by weight (discoloration, blemishes)

Processing Method

- Harvested at optimal maturity
- Washed and cleaned

- Blanched to preserve color and nutrients
- Individually quick frozen at -30°C to maintain structure
- Sorted and packed under strict quality control

Quality Certifications

- HACCP Certified
- ISO 22000 Compliant
- Halal Certified

Nutrition Facts (per 100g)

Nutrient	Amount	% Daily Value*
Calories	25 kcal	1%
Total Fat	0.1 g	0%
- Saturated Fat	0 g	0%
- Trans Fat	0 g	-
Cholesterol	0 mg	0%
Sodium	30 mg	1%
Total Carbohydrate	5.3 g	2%
- Dietary Fiber	2 g	7%
- Total Sugars	2 g	-
Protein	2 g	4%
Vitamin C	48.2 mg	54%
Calcium	22 mg	2%
Iron	0.4 mg	2%
Potassium	299 mg	6%

*Percent Daily Values are based on a 2,000 calorie diet.

Allergen Information

- Free from known allergens
- Processed in a facility that handles various vegetables

Country of Origin

- Egypt (Processed by Elkoubasy Group)

Intended Use

- For further cooking before consumption
- Suitable for catering and food service applications

Contact Information

- Distributor: OPS OMAN - Elkoubasy for Food Industries
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Source: Nutrition data compiled from USDA FoodData Central and verified by independent laboratory testing.
