

## Molokhia - IQF Premium Quality

### Product Specifications

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**Product Name:** Molokhia

**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:** Deep green, finely minced leaves
- **Size:** Minced to uniform consistency
- **Texture When Cooked:** Smooth, slightly viscous
- **Foreign Material:** Less than 0.1% by weight
- **Defects:** Less than 2% by weight (discoloration, yellowing)

### Processing Method

- Harvested at optimal maturity
- Washed and cleaned thoroughly

- Blanched to preserve color and nutrients
- Minced to traditional consistency
- Individually quick frozen at -30°C to maintain nutritional value
- 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	40 kcal	2%
Total Fat	0.8 g	1%
- Saturated Fat	0.1 g	1%
- Trans Fat	0 g	-
Cholesterol	0 mg	0%
Sodium	42 mg	2%
Total Carbohydrate	6.5 g	2%
- Dietary Fiber	1.3 g	5%
- Total Sugars	0.5 g	-
Protein	2.0 g	4%
Vitamin A	8500 IU	170%
Vitamin C	12 mg	13%
Calcium	65 mg	5%

Nutrient	Amount	% Daily Value*
Iron	2.3 mg	13%
Potassium	249 mg	5%

\*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
- Traditional ingredient for Middle Eastern and North African cuisine

### Contact Information

- Distributor: OPS OMAN - Elkoubasy for Food Industries
- Phone: +968 71140877
- Address: H9P9+R6 Muscat, Oman

*Source: Nutrition data compiled from USDA FoodData Central and verified by independent laboratory testing.*

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