

Okra Excellent - IQF Premium Quality

Product Specifications

Product Name: Okra Excellent

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:** Bright green, whole okra pods
- **Size:** 4-6cm length, uniform size
- **Texture When Cooked:** Tender, not stringy
- **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	30 kcal	2%
Total Fat	0.3 g	0%
- Saturated Fat	0.1 g	1%
- Trans Fat	0 g	-
Cholesterol	0 mg	0%
Sodium	8 mg	0%
Total Carbohydrate	6.6 g	2%
- Dietary Fiber	2.2 g	8%
- Total Sugars	1.5 g	-
Protein	1.7 g	3%
Vitamin A	460 IU	9%
Vitamin C	12 mg	13%
Calcium	82 mg	6%
Iron	0.6 mg	3%

Nutrient	Amount	% Daily Value*
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

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.