

PREMIUM
QUALITY

VEGETABLES, FRUIT & BERRIES

Sayur-sayuran | Verduras | 蔬菜 | Grøntsager | Овощи | خضروات



PREMIUM QUALITY



BABY CARROTS

INGREDIENTS:
100% baby carrots, IQF shock frozen

CROPPING PERIOD:
July - August - September

PROCESS DESCRIPTION:
Immediately after cropping the carrots are cleaned thoroughly, vapour-peeled, blanched, IQF shock frozen and packed IQF in storage palletainers.

NUTRITIONAL VALUES (per 100g):

Energy:	119 kJ/ 28 kcal
Fat:	0,0 g
Saturated fatty acids:	0,0 g
Carbohydrate:	6,7 g
Sugar:	6,5 g
Protein:	0,4 g
Salt: 1	95 mg
(Coming from Sodium)	



BROAD BEANS

INGREDIENTS:
100% broad beans, IQF shock frozen

CROPPING PERIOD:
July - August

PROCESS DESCRIPTION:
Immediately after cropping the broad beans are cleaned thoroughly, blanched, shock frozen, sorted and packed IQF in storage palletainers.

NUTRITIONAL VALUES (per 100g):

Energy:	150 kJ/ 36 kcal
Fat:	0,0 g
Saturated fatty acids:	0,0 g
Carbohydrate:	4,0 g
Sugar:	0,0 g
Protein:	5,0 g
Salt: 1	2,5 mg
(Coming from Sodium)	

PREMIUM QUALITY



BROCCOLI

INGREDIENTS:

100% broccoli, IQF shock frozen

CROPPING PERIOD:

October

PROCESS DESCRIPTION:

Immediately after cropping the broccoli is cut into florets, sorted, blanched, shock frozen, calibrated and packed IQF in storage palettainers.

NUTRITIONAL VALUES (per 100g):

Energy:	84 kJ/ 20 kcal
Fat:	0,0 g
Saturated fatty acids:	0,0 g
Carbohydrate:	2,0 g
Sugar:	2,0 g
Protein:	3,0 g
Salt: 1	3,0 mg
(Coming from Sodium)	



BRUSSEL SPROUTS

INGREDIENTS:

100% Brussel sprouts, IQF shock frozen

CROPPING PERIOD:

October - January

PROCESS DESCRIPTION:

Immediately after cropping, the Brussel sprouts are cleaned thoroughly, blanched, sorted, shock frozen and packed IQF in storage palettainers.

NUTRITIONAL VALUES (per 100g):

Energy:	143 kJ/ 34 kcal
Fat:	0,3 g
Saturated Fat:	0,1 g
Carbohydrate:	4,5 g
Sugar:	2,4 g
Protein:	3,2 g
Salt: 1	30 mg
(Coming from Sodium)	

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CAULIFLOWER

INGREDIENTS:
100% Cauliflower, IQF shock frozen

CROPPING PERIOD:
July - August + October - November

PROCESS DESCRIPTION:
Immediately after cropping, the cauliflower is cut into florets (supplied like that), blanched, shock frozen and packed IQF in storage palettainers.

NUTRITIONAL VALUES (per 100g):

Energy:	74 kJ/ 18 kcal
Fat:	0,2 g
Saturated Fat:	0,0 g
Carbohydrate:	2,1 g
Sugar:	1,6 g
Protein:	1,9 g
Salt:	47,5 mg
(Coming from Sodium)	



CHOPPED SPINACH

INGREDIENTS:
100% Chopped spinach, IQF shock frozen

CROPPING PERIOD:
April - May - June

PROCESS DESCRIPTION:
Immediately after cropping the spinach is cleaned thoroughly, chopped, blanched, shock frozen in portions and packed IQF in storage palettainers.

NUTRITIONAL VALUES (per 100g):

Energy:	72 kJ/17 kcal
Fat:	0,4 g
Saturated Fat:	0,1 g
Carbohydrate:	0,6 g
Sugar:	0,2 g
Protein:	2,8 g
Salt:	77,5 mg
(Coming from Sodium)	

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CUT GREEN BEANS

INGREDIENTS:

100% cut green beans, IQF shock frozen

CROPPING PERIOD:

August - September - October

PROCESS DESCRIPTION:

Immediately after cropping the beans are cleaned thoroughly, the tops are removed, the beans are cut, blanched, shock frozen and packed IQF in storage palettainers.

NUTRITIONAL VALUES (per 100g):

Energy:	100 kJ/ 24 kcal
Fat:	0,1 g
Saturated Fat:	0,1 g
Carbohydrate:	3,7 g
Sugar:	1,0 g
Protein:	2,0 g
Salt:	27,5 mg
(Coming from Sodium)	



DICED CARROTS

INGREDIENTS:

100% Diced carrots, IQF shock frozen

CROPPING PERIOD:

July - August - September

PROCESS DESCRIPTION:

Immediately after cropping the carrots are cleaned thoroughly, vapour-peeled, blanched, shock frozen and packed IQF in storage palettainers.

NUTRITIONAL VALUES (per 100g):

Energy:	119 kJ/ 28 kcal
Fat:	0,0 g
Saturated Fat:	0,0 g
Carbohydrate:	6,7 g
Sugar:	6,5 g
Protein:	0,4 g
Salt:	95 mg
(Coming from Sodium)	

PREMIUM QUALITY



GREEN PEAS

INGREDIENTS:
100% green peas, IQF shock frozen

CROPPING PERIOD:
June - July

PROCESS DESCRIPTION:
Immediately after cropping the peas are cleaned thoroughly, blanched, shock frozen, sorted and packed IQF in storage palletainers.

NUTRITIONAL VALUES (per 100g):

Energy:	247 kJ/ 59 kcal
Fat:	0,3 g
Saturated Fat:	0.1 g
Carbohydrate:	9,0 g
Sugars:	3,1 g
Protein:	5,2 g
Salt:	82.5 mg
(Coming from Sodium)	



LEAF SPINACH

INGREDIENTS:
100% leaf spinach, IQF shock frozen

CROPPING PERIOD:
April - May - June

PROCESS DESCRIPTION:
Immediately after cropping the spinach is cleaned thoroughly several times, blanched, shock frozen in portions and packed in storage palletainers.

NUTRITIONAL VALUES (per 100g):

Energy:	62 kJ/15 kcal
Fat:	0,5 g
Saturated fatty acid:	0,1 g
Carbohydrate:	0,7 g
Sugar:	0,4 g
Proteine:	1,9 g
Salt:	15 mg
(Coming from Sodium)	

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3 WAY MIX

INGREDIENTS:

50% carrot cubes, 25% peas medium fine, 25% cut green beans, IQF shock frozen

PROCESS DESCRIPTION:

Immediately after cropping the vegetables are cleaned thoroughly, cut, blanched, shock frozen, sorted and packed IQF in storage palletainers.

NUTRITIONAL VALUES (per 100g):

Energy:	146kJ / 35kcal
Fats:	0,1 g
Saturated Fat:	0,0 g
Carbonhydrate:	6,5 g
Surgars:	4,3 g
Protein:	2,0 g
Salt:	75 mg
(Coming from Sodium)	



4 WAY MIX W/ CAULIFLOWER

INGREDIENTS:

50% carrots, diced, 20% peas, 20% cut green beans, 10% Cauliflower, IQF shock frozen

PROCESS DESCRIPTION:

Immediately after cropping the vegetables are cleaned thoroughly, blanched, shock frozen, sorted and packed IQF in storage palletainers.

NUTRITIONAL VALUES (per 100g):

Energy:	136kJ / 32kcal
Fat:	0,1 g
Saturated Fat:	0,0 g
Carbonhydrate:	6,1 g
Surgars:	4,2 g
Protein:	1,8 g
Salt:	30 mg
(Coming from Sodium)	



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PEAS/CARROT MIX

INGREDIENTS:

50% peas, 50% Diced carrots, IQF shock frozen

PROCESS DESCRIPTION:

Immediately after cropping the vegetables are cleaned thoroughly, blanched, shock frozen, sorted and packed IQF in storage palletainers.

NUTRITIONAL VALUES (per 100g):

Energy:	183,0kj / 44,0kcal
Fat:	0,2 g
Saturated fatty acids:	0,0 g
Carbohydrate:	7,9 g
Sugar:	4,8 g
Protein:	2,8 g
Salt:	90 mg
(Coming from Sodium)	



SLICED CARROTS

INGREDIENTS:

100% sliced carrots, IQF shock frozen

CROPPING PERIOD:

July - August - September

PROCESS DESCRIPTION:

Immediately after cropping the carrots are cleaned thoroughly, steam peeled, cut, blanched, shock frozen and packed IQF in storage palletainers.

NUTRITIONAL VALUES (per 100g):

Energy:	119 kJ/ 28 kcal
Fats:	0,0 g
Saturated Fat:	0,0 g
Carbohydrate:	6,7 g
Sugar:	6,5 g
Protein:	0,4 g
Salt:	95 mg
(Coming from Sodium)	

PREMIUM QUALITY



SWEET CORN

INGREDIENTS:
100% sweet corn, IQF shock frozen

CROPPING PERIOD:
Autumn

PROCESS DESCRIPTION:
Immediately after cropping the sweet corn kernels are cleaned thoroughly, sorted, checked for bad ones, sorted, washed, blanched, dehydrated, shock frozen, sorted and packed IQF in storage palletainers.

NUTRITIONAL VALUES (per 100g):

Energy:	288 kJ/69 kcal
Fat:	1,4 gr
Saturated fatty acid:	0,4 gr
Carbohydrate:	11,6 gr
Sugar:	8,1 gr
Protein:	2,5 gr
Salt:	2,5 mg
(Coming from Sodium)	



WHOLE GREEN BEANS

INGREDIENTS:
100% whole green beans, IQF shock frozen

CROPPING PERIOD:
August - September - October

PROCESS DESCRIPTION:
Immediately after cropping the beans are cleaned thoroughly, the tops are removed, the beans are cut, blanched, shock frozen and packed IQF in storage palletainers.

NUTRITIONAL VALUES (per 100g):

Energy:	100 kJ / 24 kcal
Fats:	0,1 g
Saturated fat:	0,1 g
Carbohydrate:	3,7 g
Sugars:	1,0 g
Protein:	2,0 g
Salt: 2	7,5 mg
(Coming from Sodium)	

PREMIUM QUALITY

400 g



1000 g



2500 g



350 g



2000 g



asparagus?

onion?

leek?

artichoke?

pepper?

mushroom?

bamboo?

or..?

YOU NAME IT, WE DELIVER

No matter what kind of vegetables, you are looking for we can supply you. If you prefer a special mixture, just let us know and we will give you a competitive price, based on our very wide range of top quality commodities.

We can deliver in the sizes, mentioned on page 12, and in the brands Tomex and Facto Food, but also in industry packing.



