



**GREEN
HEAVEN**
جرين هيڤين

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GREEN HEAVEN

جرين هيڤين

Nutrition facts per 100g serving

Protein	2.31 g
Carbohydrate	8.57 g
Fat	0.05 g
Crude Fiber	1.34 g
Sodium	17.86 mg
Calcium	112.69 mg
Iron	1.31 mg
Sugar	1.84 g
Vitamin C	5.09 mg
Calories	44

Free from any preservatives
or chemical substances

Storage

- Deep-freeze store (-18° C) for more than 18 months.
- Refreezing is not allowed.

Packing

- Bag: Net weight 400 gm.
- Carton = 20 Bags = 8 Kg
- Container = 40 Feet (about 3000 Cartons)



Green Okra

The best quality of Okra are selected and processed at the beginning of the season devided into grades according to size.

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Okra

Fine

The best quality of Okra are selected and processed at the beginning of the season divided into grades according to size.

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جرین ہیقین

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Packing

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Okra Zero

The best quality of Okra are selected and processed at the beginning of the season devided into grades according to size.

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Nutrition facts per 100g serving

Protein	2.31 g
Carbohydrate	8.57 g
Fat	0.05 g
Crude Fiber	1.34 g
Sodium	17.86 mg
Calcium	112.69 mg
Iron	1.31 mg
Sugar	1.84 g
Vitamin C	5.09 mg
Calories	44

Free from any preservatives
or chemical substances

Storage

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Packing

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- Container = 40 Feet (about 3000 Cartons)



Okra

Extra

The best quality of Okra are selected and processed at the beginning of the season divided into grades according to size.

GREEN HEAVEN

جرین ہیقین

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جرین ہیقین

Nutrition facts per 100g serving

Protein	6.6 g
Carbohydrate	31.61 g
Fat	0.44 g
Crude Fiber	2.22 g
Sodium	432.6 mg
Calcium	24 mg
Iron	1.26 mg
Sugar	2.86 g
Vitamin C	4.83 mg
Calories	84.8

Free from any preservatives
or chemical substances

Storage

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Packing

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- Container = 40 Feet (about 3000 Cartons)



Green Beans

Green Heaven implements the cut Green Beans production of the season when they are fresh, tender and tasty.

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جرین ہیقین

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جرين هيڤين

Nutrition facts per 100g serving

Protein	6 g
Carbohydrate	8 g
Fat	0.6 g
Crude Fiber	4.2 g
Sodium	20 mg
Calcium	96 mg
Iron	1.4 mg
Sugar	0.6 g
Vitamin C	6 mg
Calories	50

Free from any preservatives
or chemical substances

Storage

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Packing

- Bag: Net weight 400 gm.
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- Container = 40 Feet (about 3000 Cartons)



Broad Beans

Green Heaven selects the best quality fresh Broad Beans. We implement Broad Beans production process at the beginning of the season when they are fresh and tender.

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Nutrition facts per 100g serving

Protein	6 g
Carbohydrate	8 g
Fat	0.6 g
Crude Fiber	4.2 g
Sodium	20 mg
Calcium	96 mg
Iron	1.4 mg
Sugar	0.6 g
Vitamin C	6 mg
Calories	50

Free from any preservatives
or chemical substances

Storage

- Deep-freeze store (-18° C) for more than 18 months.
- Refreezing is not allowed.

Packing

- Bag: Net weight 400 gm.
- Carton = 20 Bags = 8 Kg
- Container = 40 Feet (about 3000 Cartons)



Peeled Broad Beans



Green Heaven selects the best quality fresh Broad Beans. We implement Broad Beans production process at the beginning of the season when they are fresh and tender.

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Nutrition facts per 100g serving

Protein	5 g
Carbohydrate	11.875 g
Fat	0.0 g
Crude Fiber	0.0 g
Sodium	0.0 mg
Calcium	18.75 mg
Iron	18.875 mg
Sugar	3.5 g
Vitamin C	13.125 mg
Calories	68.75

Free from any preservatives
or chemical substances

Storage

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Packing

- Bag: Net weight 400 gm.
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- Container = 40 Feet (about 3000 Cartons)



Peas

Green Heaven selects the best quality fresh Peas. We implement Peas production of the season when they are fresh and having high concentration of sugar.

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Nutrition facts per 100g serving

Protein	2.31 g
Carbohydrate	8.75 g
Fat	0.05 g
Crude Fiber	1.34 g
Sodium	17.86 mg
Calcium	112.69 mg
Iron	1.31 mg
Sugar	1.84 g
Vitamin C	5.09 mg
Calories	44

Free from any preservatives
or chemical substances

Storage

- Deep-freeze store (-18° C) for more than 18 months.
- Refreezing is not allowed.

Packing

- Bag: Net weight 400 gm.
- Carton = 20 Bags = 8 Kg
- Container = 40 Feet (about 3000 Cartons)



Peas & Carrots



Green Heaven selects the best quality fresh Peas and Carrots. Green Heaven implements Peas and Carrots production of the season when they are fresh and having high concentration of sugar.

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Nutrition facts per 100g serving

Protein	2.68 g
Carbohydrate	8.04 g
Fat	1.07 g
Crude Fiber	1.56 g
Sodium	12 mg
Calcium	46 mg
Iron	0.82 mg
Sugar	3.3 g
Vitamin C	8.45 mg
Calories	52.51

Free from any preservatives
or chemical substances

Storage

- Deep-freeze store (-18° C) for more than 18 months.
- Refreezing is not allowed.

Packing

- Bag: Net weight 400 gm.
- Carton = 20 Bags = 8 Kg
- Container = 40 Feet (about 3000 Cartons)



Mixed Vegetables

Green Heaven selects the best quality fresh Peas, Carrots, Corn, and Broccoli. Green Heaven implements mixed vegetables production of the season when they are fresh, tender, and having high concentration of sugar.

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Nutration facts per 100g serving

Protein	1.29 g
Carbohydrate	2.46 g
Fat	0.04 g
Crude Fiber	0.32 g
Sodium	12.3 mg
Calcium	90.31 mg
Iron	2.54 mg
Sugar	0.8 g
Vitamin C	1.44 mg
Calories	15.36

Free from any preservatives
or chemical substances

Storage

- Deep-freeze store (-18° C) for more than 18 months.
- Refreezing is not allowed.

Packing

- Bag: Net weight 400 gm.
- Carton = 20 Bags = 8 Kg
- Container = 40 Feet (about 3000 Cartons)



Molokhia Minced

Molokhia is one of the most famous world wide product of Green Heaven. The fresh leaves are pulled and cut by the most updated technologies and techniques.

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جرين هيڤين

Nutrition facts per 100g serving

Protein	1.3 g
Carbohydrate	7 g
Fat	0.03 g
Crude Fiber	2.7 g
Sodium	25 mg
Calcium	81 mg
Iron	3 mg
Sugar	0.8 g
Vitamin C	0.3 mg
Calories	36

Free from any preservatives
or chemical substances

Storage

- Deep-freeze store (-18° C) for more than 18 months.
- Refreezing is not allowed.

Packing

- Bag: Net weight 400 gm.
- Carton = 20 Bags = 8 Kg
- Container = 40 Feet (about 3000 Cartons)



Spinach

Spinach is one of the most famous products of Green Heaven. Only leaves are used in processing high quality Spinach.

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Nutration facts per 100g serving

Protein	2.03 g
Carbohydrate	6.41 g
Fat	0.06 g
Calcium	37.04 g
Iron	0.903 mg
Vitamin C	3.26 mg
Calories	42.42

Free from any preservatives
or chemical substances

Storage

- Deep-freeze store (-18° C) for more than 18 months.
- Refreezing is not allowed.

Packing

- Bag: Net weight 400 gm.
- Carton = 20 Bags = 8 Kg
- Container = 40 Feet (about 3000 Cartons)



Artichoke

Artichoke is one of the outstanding products of Green Heaven. Artichoke is a defect-free product free of any additives or chemicals.

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Nutration facts per 100g serving

Protein	4.3 g
Carbohydrate	3.2 g
Fat	0.6 g
Crude Fiber	3.3 g
Sodium	41 mg
Calcium	40 mg
Iron	0.67 mg
Sugar	1.39 g
Vitamin C	64.9 mg
Calories	34

Free from any preservatives
or chemical substances

Storage

- Deep-freeze store (-18° C) for more than 18 months.
- Refreezing is not allowed.

Packing

- Bag: 1 Kg, 10 Kg.
- Carton = 10 Bags (1 Kg), 1 Bag (10 Kg) = 10 Kg.
- Container = 40 Feet (about 3000 Cartons)



Broccoli

Green Heaven implements Broccoli production of the season when they are fresh, tender and tasty.

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Nutrition facts per 100g serving

Protein	1.92 g
Carbohydrate	4.97 g
Fat	0.5 g
Calcium	22 g
Iron	0.42 mg
Vitamin C	48.2 mg
Calories	23

Free from any preservatives
or chemical substances

Storage

- Deep-freeze store (-18° C) for more than 18 months.
- Refreezing is not allowed.

Packing

- Bag: 1 Kg, 10 Kg.
- Carton = 10 Bags (1 Kg), 1 Bag (10 Kg) = 10 Kg.
- Container = 40 Feet (about 3000 Cartons)



Cauliflower

Cauliflower is one of the outstanding products of Green Heaven. Cauliflower is a defect-free product free of any additives or chemicals.

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Nutrition facts per 100g serving

Protein	0.82 g
Carbohydrate	15 g
Fat	0.38 g
Crude Fiber	1.6 g
Sodium	1 mg
Calcium	11 mg
Iron	0.16 mg
Sugar	15 g
Vitamin C	36.4 mg
Calories	60

Free from any preservatives
or chemical substances

Storage

- Deep-freeze store (-18° C) for more than 18 months.
- Refreezing is not allowed.

Packing

- Bag: 1 Kg, 10 Kg.
- Carton = 10 Bags (1 Kg), 1 Bag (10 Kg) = 10 Kg.
- Container = 40 Feet (about 3000 Cartons)



Mango

Green Heaven harvests the best Mango ever at the beginning of the season when they are fresh and tasty.

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Nutrition facts per 100g serving

Protein	0.95 g
Carbohydrate	17.17 g
Fat	0.3 g
Crude Fiber	0.6 g
Sodium	3 mg
Calcium	3 mg
Iron	0.3 mg
Sugar	19 g
Vitamin C	6.1 mg
Calories	68

Free from any preservatives
or chemical substances

Storage

- Deep-freeze store (-18° C)
for more than 18 months.
- Refreezing is not allowed.

Packing

- Bag: 1 Kg, 10 Kg.
- Carton = 10 Bags (1 Kg), 1 Bag (10 Kg)
= 10 Kg.
- Container = 40 Feet (about 3000 Cartons)



Pomegranate

Green Heaven implements the picked Pomegranates processed at the beginning of the season when they are fresh and tasty.

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جرین ہیقین

GREEN HEAVEN

جرين هيڤين

Nutration facts per 100g serving

Protein	0.8 g
Carbohydrate	8.1 g
Fat	0.6 g
Crude Fiber	1.2 g
Sodium	0.2 mg
Calcium	28 mg
Iron	0.8 mg
Sugar	4.5 g
Vitamin C	0.6 mg
Calories	46.4

Free from any preservatives
or chemical substances

Storage

- Deep-freeze store (-18° C)
for more than 18 months.
- Refreezing is not allowed.

Packing

- Bag: 1 Kg, 10 Kg.
- Carton = 10 Bags (1 Kg), 1 Bag (10 Kg)
= 10 Kg.
- Container = 40 Feet (about 3000 Cartons)



Strawberry

The Strawberries of Egypt is very remarkable taste in the world. Green Heaven strawberry is produced in modern technique to preserve is good tast and shape.

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Nutration facts per 100g serving

Protein	2.3 g
Carbohydrate	5.4 g
Fat	3 g
Crude Fiber	1 g
Sodium	50 mg
Sugar	0.5 g
Calories	57

Free from any preservatives
or chemical substances

Storage

- Deep-freeze store (-18° C)
for more than 18 months.
- Refreezing is not allowed.

Packing

- Bag: 1 Kg, 10 Kg.
- Carton = 10 Bags (1 Kg), 1 Bag (10 Kg)
= 10 Kg.
- Container = 40 Feet (about 3000 Cartons)



Falafel

The Falafel of Egypt is very remarkable taste in the world. Green Heaven Falafel are produced in modern technique to preserve its good taste and shape.

GREEN HEAVEN

جرين هيقيين

