



PRODUCT CATALOG

Foods and Inns Limited, Mumbai.



Foods & Inns



Foods & Inns

**MAINSTREAM
FROZEN**

Red Onion

लाल प्याज | *Allium cepa var. aggregatum*



Seed Varities : N-59, N-57 | Growing Area: Nashik
Distance from Factory: 40 Km | Harvest Season: Whole Year

The most widely consumed vegetable crop in India, Onions are grown and consumed everywhere. Red onions exhibit a characteristic crispness and sweetness, and add amazing flavour in any food prep. Diced or Julienned, use as a garnish in asian salads, or sauté along with garlic in preparation for any main dish. Also, do away with the smelly fingers and teary eyes!

HEALTH BENEFITS

Onion are rich in thiosulphinates, thiosulphonates, mono-, di - and tri-sulphides which have anticarcinogenic properties, antiplatelet activity, antiasthmatic properties and antibiotic properties.

Nutrition Facts/Valeur Nutritive (Per 100 gm)	
Amount	% Daily Value
Teneur	% Valeur quotidienne
Calories / Calories 200 kcal	
Fat / Lipides 20 g	25.0%
Saturated / satures 5 g	25.0%
+ Trans / trans 0 g	
Cholesterol / Cholesterol 30 mg	10.0%
Potassium 660 mg	26.0%
Total Carbohydrates / Glucides 31.0g	10.0%
Fibre / Fibres 1.4 g	6.0%
Sugars / Sucre 5 g	
Protein / Proteines 1.4 g	
Vitamin A / Vitamine A	4.0%
Vitamin C / Vitamine C	2.0%
Calcium / Calcium	15.0%
Iron / Fer	4.0%
*Percent Daily Values are based on a 2,000 calorie diet.	

PRODUCT SPECIFICATIONS



Frozen Baby Red Onion

Colour: Whitish Pink Colour

Shape: Round

Size: Dia. 30 mm \pm 5 mm



Frozen Red Onion Dices

Colour: Whitish Pink Colour

Shape: Dices

Size: 10 x 10 mm*

*As per Requirement



Frozen Red Onion Julienne Cut

Colour: Whitish Pink Colour

Shape: Julienne Cut

Size: 5-7 mm \times 30 - 50 mm

RECIPE IDEAS

Curry Masala

Stir - fries

Salad

QUALITY SPECIFICATION

TPC : <40000 cfu/gm

Yeast & Mold : <100 cfu/gm

Coliforms : <10 cfu/gm

E. coli : <10 cfu/gm

S. aureus: <10 cfu/gm

Salmonella: Absent in 25 gm

Shelf Life: 1 years from DOM

VALUE PROPOSITION

Reduced preparation time

Reduce Wastage

White Onion

सफेद प्याज | *Allium cepa* L.



Seed Varities : Snow White hybrid | Growing Area: Jalgaon
Distance from Factory: 250 Km | Harvest Season: Dec. to Jan. and March to April

The most widely consumed vegetable crop in India, Onions are grown and consumed everywhere. White onions exhibit a characteristic crispness and sweetness, and add amazing flavour in any food prep. Diced or Julienned, use as a garnish in asian salads, or sauté along with garlic in preparation for any main dish. Also, do away with the smelly fingers and teary eyes!

HEALTH BENEFITS

Onion are rich in thiosulphinates, thiosulphonates, mono-, di - and tri-sulphides which have anticarcinogenic properties, antiplatelet activity, antiasthmatic properties and antibiotic properties.

Nutrition Facts/Valeur Nutritive (Per 100 gm)	
Amount Teneur	% Daily Value % Valeur quotidienne
Calories / Calories 43.9 kcal	
Fat / Lipides 0.2 g	0.0%
Saturated / satures 0 g + Trans / trans 0 g	0.0%
Cholesterol / Cholesterol 0mg	0.0%
Potassium 166.9 mg	5.0%
Total Carbohydrates / Glucides 10.2g	3.0%
Fibre / Fibres 1.4 g	6.0%
Sugars / Sucre 4.7 g	
Protein / Proteines 1.4 g	
Vitamin A / Vitamine A	0.0%
Vitamin C / Vitamine C	8.7%
Calcium / Calcium	1.7%
Iron / Fer	1.4%
*Percent Daily Values are based on a 2,000 calorie diet.	

PRODUCT SPECIFICATIONS



White Onion Dices

Colour: Creamish White Colour

Shape: Dices

Size: 10 x 10 mm *
* As per requirement

White Onion Julienne Cut

Colour: Creamish White Colour

Shape: Julienne Cut

Size: 5 -7 mm x 30 - 50 mm
Natural Size



RECIPE IDEAS

Curry Masala

Stir - fries

Salad

QUALITY SPECIFICATION

TPC : <40000 cfu/gm

Yeast & Mold : <100 cfu/gm

Coliforms : <10 cfu/gm

E. coli : <10 cfu/gm

S. aureus: <10 cfu/gm

Salmonella: Absent in 25 gm

Shelf Life: 1 years from DOM

VALUE PROPOSITION

Reduced wastage
Reduced preparation time

Sweet Corn

मक्का | *Zea mays*



Seed Varities : Sugar 75 | Growing Area: Near by Nashik
Distance from Factory: 150 Km | Harvest Season: All Year

Tender, sweet corn is harvested and frozen at the peak of freshness. Carefully processed to ensure the best quality. Enjoy this free flowing kernals as a simple side dish, or toss in soups, chili, salads and salsas.

HEALTH BENEFITS

It is a source of nutrition as well as phytochemical compounds. Phytochemicals play an important role in preventing chronic diseases. It contains various major phytochemicals such as carotenoids, phenolic compounds, and phytosterols. It is believed to have potential anti-HIV activity due to the presence of Galanthus nivalis agglutinin (GNA) lectin or GNA-maize.

Nutrition Facts/Valeur Nutritive (Per 100 gm)	
Amount	% Daily Value
Teneur	% Valeur quotidienne
Calories / Calories 96 kcal	
Fat / Lipides 1.5 g	1.0%
Saturated / satures 0 g	0.0%
+ Trans / trans 0 g	
Cholesterol / Cholesterol 0mg	0.0%
Potassium 218.3 mg	6.0%
Total Carbohydrates /Glucides 21.3g	7.0%
Fibre / Fibres 2.4 g	10.0%
Sugars / Sucre 4.6 g	
Protein / Proteines 3.4 g	
Vitamin A / Vitamine A	5.2%
Vitamin C / Vitamine C	9.1%
Calcium / Calcium	0.2%
Iron / Fer	2.5%
*Percent Daily Values are based on a 2,000 calorie diet.	

PRODUCT SPECIFICATIONS



Frozen Sweet Corn

Colour: Golden Yellow

Size: Length : 7 -9 mm

RECIPE IDEAS

Corn Avocado Salad

Coconut Creamed Corn

Corn Fritters

Fava Beans & Sweet Corn

QUALITY SPECIFICATION

TPC : <40000 cfu/gm

Yeast & Mold : <100 cfu/gm

Coliforms : <10 cfu/gm

E. coli : <10 cfu/gm

S. aureus: <10 cfu/gm

Salmonella: Absent in 25 gm

Shelf Life: 2 years from DOM

VALUE PROPOSITION

Ready to use

Ready to eat

Reduced preparation time

Reduced wastage

Non GMO

Carrot

गाजर | *Daucus carota subsp.*



Seed Varities : Oaty-1, Early Nantes | Growing Area: Nashik
Distance from Factory: 25 Km | Harvest Season: January to February

Contract grown to perfection at nearby farms, these carrots are diced, julienned or spiralized, allowing for highly versatile usage. Blend into a smoothie, or puree as a soup, toss into a salad, make an asian stir-fry, the options are endless.

HEALTH BENEFITS

Carrot is a root vegetable with carotenoids, flavonoids, polyacetylenes, vitamins, and minerals, all of which possess numerous nutritional and health benefits. Besides lending truth to the old adage that carrots are good for eyes, carotenoids, polyphenols and vitamins present in carrot act as antioxidants, anticarcinogens, and immunoenhancers. Anti-diabetic, cholesterol and cardiovascular disease lowering, anti-hypertensive, hepatoprotective, renoprotective

Nutrition Facts/Valeur Nutritive (Per 100 gm)	
Amount	% Daily Value
Teneur	% Valeur quotidienne
Calories / Calories 102 kcal	
Fat / Lipides 1.3 g	2.0%
Saturated / satures <0.1g	0.0%
+ Trans / trans 0.0 g	
Cholesterol / Cholesterol 0mg	0.0%
Sodium / Sodium 193 mg	8.0%
Total Carbohydrates / Glucides 23.6g	3.0%
Fibre / Fibres 9.4 g	37.0%
Sugars / Sucre 13.5 g	
Protein / Proteines 2.2 g	
Vitamin A / Vitamine A	807.0%
Vitamin C / Vitamine C	12.0%
Calcium / Calcium	1.0%
Iron / Fer	7.0%
*Percent Daily Values are based on a 2,000 calorie diet.	

PRODUCT SPECIFICATIONS



Frozen Carrot Diced

Colour: Reddish Orange

Shape: Diced

Size: 10 × 10 mm *

* As per requirement



Frozen Carrot Sliced

Colour: Reddish Orange

Shape: Ring shape (Slice)

Size: Thickness : 3-6 mm

Diameter: 20-50mm



Frozen Carrot Julienne Cut

Colour: Reddish Orange

Shape: Julienne Cut

Size: length 30-60mm x 5 mm



Frozen Spiralized Carrot

Colour: Reddish Orange

Shape: Thin Spiral Shape

Size: Length : 50-600 mm

Dia.: 3X3mm (Tolerance 3-4mm)

RECIPE IDEAS

Carrot and Orange Smoothie

Carrot Soup

Asian Salads

QUALITY SPECIFICATION

TPC : <40000 cfu/gm

Yeast & Mold : <100 cfu/gm

Coliforms : <10 cfu/gm

E. coli : <10 cfu/gm

S. aureus: <10 cfu/gm

Salmonella: Absent in 25 gm

Shelf Life: 2 years from DOM

VALUE PROPOSITION

Varied Formats

Nutritive

8 hour nutrition lock in

Beet Root

चुकंदर | *Beta vulgaris*



Seed Varities : Lalima, Crimson Globe | Growing Area: Manchar, Pune
Distance from Factory: 122 Km | Harvest Season: All Year

Carefully picked at nearby farms, delicately steam blanched to retain flavour and nutrition, and immediately frozen, these IQF beetroots take the messy preparation off your hands, and save much needed time in the kitchen. Simply thaw and eat, or blend in a smoothie, throw in to a salad, or use them to add colour to anything from rice to baked dishes or pasta.

HEALTH BENEFITS

As a source of nitrate beet root ingestion provides a natural means to prevent and manage pathologies associated with diminished 'NO' bioavailability, notably hypertension and endothelial function. Helps to treat oxidative stress and inflammation.

Nutrition Facts/Valeur Nutritive (Per 100 gm)	
Amount Teneur	% Daily Value % Valeur quotidienne
Calories / Calories 40.3 kcal	
Fat / Lipides 0.03 g	0.0%
Saturated / satures <0.01g + Trans / trans <0.01g	0.0%
Cholesterol / Cholesterol 0mg	0.0%
Sodium / Sodium 184 mg	3.0%
Total Carbohydrates / Glucides 7.1 g	3.0%
Fibre / Fibres 3.58 g	8.0%
Sugars / Sucre 4.7 g	
Protein / Proteines 2.9 g	
Vitamin A / Vitamine A	0.0%
Vitamin C / Vitamine C	4.0%
Calcium / Calcium	2.0%
Iron / Fer	4.0%
*Percent Daily Values are based on a 2,000 calorie diet.	

PRODUCT SPECIFICATIONS



Frozen Beetroot Sliced

Colour: Uniform Dark Red
Shape: Ring shape (Slice)
Size: Thickness : 4-7 mm
Diameter: 40-80mm



Frozen Beetroot Diced

Colour: Typical Red
Shape: Diced
Size: 10 × 10 mm *
* As per requirement



Frozen Beetroot Riced

Colour: Uniform Dark Red
Shape: Riced
Size: 2-3mm X 2-3mm X 4-6mm



Frozen Spiralized Beetroot

Colour: Typical Red
Shape: Thin Spiral Shape
Size: Length : 50-600 mm
Dia.: 3X3mm (Tolerance 3-4mm)

RECIPE IDEAS

Apple, Beets and Carrot Smoothie
Beetroot and Goats Cheese Salad
Beetroot Risotto etc.

QUALITY SPECIFICATION

TPC : <40000 cfu/gm
Yeast & Mold : <100 cfu/gm
Coliforms : <10 cfu/gm
E. coli : <10 cfu/gm
S. aureus: <10 cfu/gm
Salmonella: Absent in 25 gm
Shelf Life: 2 years from DOM

VALUE PROPOSITION

Mess-free
ready to eat
8 hour nutrition
lock in promise

Cabbage

पत्तागोभी | *Brassica oleracea*
var. capitata



Seed Varities : Mukta, Hybrid | Growing Area: Nashik
Distance from Factory: 40 Km | Harvest Season: Whole Year

Grown at farms that follow strict integrated pest management to ensure the produce is free from residues, fresh cabbages are double washed and processed with upmost care.

HEALTH BENEFITS

Besides nutritional components, these vegetables are also rich in health beneficial secondary metabolites, which include sulfur containing glucosinolates and S-methylcysteine sulfoxide, flavonoids, anthocyanins, coumarins, carotenoids, antioxidant enzymes, terpenes and other minor compounds. Having Cancer prevention ability. Act as a Cardioprotective component.

Nutrition Facts/Valeur Nutritive (Per 100 gm)	
Amount	% Daily Value
Teneur	% Valeur quotidienne
Calories / Calories 34 kcal	
Fat / Lipides 0.1 g	0.0%
Saturated / satures 0 g	0.0%
+ Trans / trans 0 g	
Cholesterol / Cholesterol 0mg	0.0%
Potassium 294 mg	8.0%
Total Carbohydrates /Glucides 8.2 g	3.0%
Fibre / Fibres 2.8 g	11.0%
Sugars / Sucre 4.2 g	
Protein / Proteines 1.9 g	
Vitamin A / Vitamine A	2.4%
Vitamin C / Vitamine C	94.0%
Calcium / Calcium	5.6%
Iron / Fer	1.4%
*Percent Daily Values are based on a 2,000 calorie diet.	

PRODUCT SPECIFICATIONS



Frozen Cabbage Shredded

Colour: Creamy White

Size: Natural Shredded

RECIPE IDEAS

Curtido

Cabbage & Asian Pear slaw

Shoyu Cabbage Soup

QUALITY SPECIFICATION

TPC : <40000 cfu/gm

Yeast & Mold : <100 cfu/gm

Coliforms : <10 cfu/gm

E. coli : <10 cfu/gm

S. aureus: <10 cfu/gm

Salmonella: Absent in 25 gm

Shelf Life: 2 years from DOM

VALUE PROPOSITION

Ready to use

Reduced preparation time

Reduced wastage

Baby Corn

मक्का | *Zea mays*



Seed Varities : Zenika | Growing Area: Near by Nashik
Distance from Factory: 150 Km | Harvest Season: All Year

Frozen Baby Corns, which is produced from regular corn plants harvested early, while the ears are very small and immature. .

The Baby Corn ears are hand-picked as soon as corn silks emerge from the ear tips. Then it go through stiff quality check parameters during processing. We provide the finest quality Frozen Baby Corn.

HEALTH BENEFITS

It is a source of nutrition as well as phytochemical compounds. Phytochemicals play an important role in preventing chronic diseases. It contains various major phytochemicals such as carotenoids, phenolic compounds, and phytosterols. It is believed to have potential anti-HIV activity due to the presence of Galanthus nivalis agglutinin (GNA) lectin or GNA-maize.

Nutrition Facts/Valeur Nutritive (Per 100 gm)	
Amount Teneur	% Daily Value % Valeur quotidienne
Calories / Calories 22.5 kcal	
Fat / Lipides 0.4 g	1.0%
Saturated / satures 0 g + Trans / trans 0 g	0.0%
Cholesterol / Cholesterol 0mg	0.0%
Potassium 52.1 mg	1.0%
Total Carbohydrates / Glucides 5 g	2.0%
Fibre / Fibres 0.6 g	2.0%
Sugars / Sucre 1.1 g	
Protein / Proteines 0.8 g	
Vitamin A / Vitamine A	1.3%
Vitamin C / Vitamine C	2.1%
Calcium / Calcium	0.1%
Iron / Fer	0.6%
*Percent Daily Values are based on a 2,000 calorie diet.	

PRODUCT SPECIFICATIONS



Frozen Baby Corn

Colour: Golden Yellow

Size: Length : 30-40 mm

RECIPE IDEAS

Baby Corn Manchurian

Baby Corn Pulao

Baby corn fry

Baby Corn Jalfrezi

QUALITY SPECIFICATION

TPC : <40000 cfu/gm

Yeast & Mold : <100 cfu/gm

Coliforms : <10 cfu/gm

E. coli : <10 cfu/gm

S. aureus: <10 cfu/gm

Salmonella: Absent in 25 gm

Shelf Life: 2 years from DOM

VALUE PROPOSITION

Ready to use

Ready to eat

Reduced preparation time

Reduced wastage

Non GMO

French Beans

फ्रेंच बीन्स | *Phaseolus vulgaris*



Seed Varities : Hybrid | Growing Area: Near by Nashik
Distance from Factory: 150 Km | Harvest Season: Aug. - Sept. and Dec. - Jan.

Only best quality french beans are selected with upmost care. Immediately processed without loosing its tendrness and freshness. Enjoy this with Bacon or adding white wine, lemon juice and garlic gives a little kick to French beans.

HEALTH BENEFITS

French beans (*Phaseolus vulgaris* L.) are known as a rich, reliable source of non-digested compounds like fiber, phenolics, peptides and phytochemicals that are associated with health benefits. Emerging evidence indicates that common bean consumption is associated with reduced cancer risk in human populations, inhibiting carcinogenesis in animal models and inducing cell cycle arrest and apoptosis in cell cultures.

Nutrition Facts/Valeur Nutritive (Per 100 gm)	
Amount	% Daily Value
Teneur	% Valeur quotidienne
Calories / Calories 22.5 kcal	
Fat / Lipides 0.4 g	1.0%
Saturated / satures 0 g	0.0%
+ Trans / trans 0 g	
Cholesterol / Cholesterol 0mg	0.0%
Potassium 52.1 mg	1.0%
Total Carbohydrates / Glucides 5 g	2.0%
Fibre / Fibres 0.6 g	2.0%
Sugars / Sucre 1.1 g	
Protein / Proteines 0.8 g	
Vitamin A / Vitamine A	1.3%
Vitamin C / Vitamine C	2.1%
Calcium / Calcium	0.1%
Iron / Fer	0.6%
*Percent Daily Values are based on a 2,000 calorie diet.	

PRODUCT SPECIFICATIONS



Frozen French Beans

Colour: Green

Size: 4 - 6 mm

RECIPE IDEAS

Green Beans with Shallots

Green Beans Casserole

Zesty Garlic Green Beans

QUALITY SPECIFICATION

TPC : <40000 cfu/gm

Yeast & Mold : <100 cfu/gm

Coliforms : <10 cfu/gm

E. coli : <10 cfu/gm

S. aureus: <10 cfu/gm

Salmonella: Absent in 25 gm

Shelf Life: 2 years from DOM

VALUE PROPOSITION

Ready to use

Reduced preparation time

Reduced wastage

8 hour nutritional lock in

Potato

आलू | *Solanum tuberosum*



Seed Varities : Jyoti, 3797- Selection | Growing Area: Pune
Distance from Factory: 100 Km | Harvest Season: Whole Year

Best quality potato dices are made from 100% real, fresh peeled potatoes. We take great care to cut, Blanch and freeze them in under an hour lack in all the delicious, freshly cooked flavor.

HEALTH BENEFITS

Potato tuber can make a significant contribution to the dietary intake of certain minerals including potassium, phosphorous, magnesium and iron, as well as of vitamin C, dietary fibres and phenolic compounds.

Nutrition Facts/Valeur Nutritive (Per 100 gm)	
Amount Teneur	% Daily Value % Valeur quotidienne
Calories / Calories 32 kcal	
Fat / Lipides 0.2 g	0.0%
Saturated / satures 0 g + Trans / trans 0 g	0.0%
Cholesterol / Cholesterol 0mg	0.0%
Potassium 276 mg	8.0%
Total Carbohydrates / Glucides 7.3 g	2.0%
Fibre / Fibres 2.6 g	10.0%
Sugars / Sucre 2.3 g	
Protein / Proteines 1.8 g	
Vitamin A / Vitamine A	20.0%
Vitamin C / Vitamine C	31.0%
Calcium / Calcium	5.5%
Iron / Fer	8.2%
*Percent Daily Values are based on a 2,000 calorie diet.	

PRODUCT SPECIFICATIONS



Frozen Potato Dices

Colour: White

Shape: Dices

Size: 10 x 10 mm*

* As per requirements

RECIPE IDEAS

Potato and Chorizo Casserole

Country Brunch Skillet

Scalloped Taters

Potato Minestrone

QUALITY SPECIFICATION

TPC : <40000 cfu/gm

Yeast & Mold : <100 cfu/gm

Coliforms : <10 cfu/gm

E. coli : <10 cfu/gm

S. aureus: <10 cfu/gm

Salmonella: Absent in 25 gm

Shelf Life: 2 years from DOM

VALUE PROPOSITION

Ready to use

Ready to eat

Reduced preparation time

Reduced wastage

Green Peas

हरी मटर | *Pisum sativum*



Seed Varities : Early Bejar, Jawahar | Growing Area: UP
Distance from Factory: 1000 Km | Harvest Season: January to March

Our Frozen Green Peas are extensively used for making various food items. Our Frozen Green Peas are taken out from Green Tender Pea Pods. The Frozen Green Peas are used for direct consumption and preserved carefully for its natural taste and color.

HEALTH BENEFITS

Source of Vitamins and Minerals ,Lower the blood pressure, improve serum lipid level & reduce inflammation Improved gastrointestinal function and reduce glycaemic index.

Nutrition Facts/Valeur Nutritive (Per 100 gm)	
Amount Teneur	% Daily Value % Valeur quotidienne
Calories / Calories 94 kcal	
Fat / Lipides 0 g	0.0%
Saturated / satures 0 g + Trans / trans 0 g	0.0%
Cholesterol / Cholesterol 0mg	0.0%
Sodium 6 mg	0.0%
Total Carbohydrates / Glucides 15 g	6.0%
Fibre / Fibres 4 g	16.0%
Sugars / Sucre 1.1 g	
Protein / Proteines 7 g	
Vitamin A / Vitamine A	0.0%
Vitamin C / Vitamine C	7.0%
Calcium / Calcium	0.0%
Iron / Fer	5.0%
*Percent Daily Values are based on a 2,000 calorie diet.	

PRODUCT SPECIFICATIONS



Frozen Green Peas

Colour: Green

Size: Diameter - 8 to 11 mm

Shape: Round

RECIPE IDEAS

Hay and Straw

Mom's Chicken Tetrazzini

Bacon Pea Salad

Creamy Skillet Noodles with Peas

QUALITY SPECIFICATION

TPC : <40000 cfu/gm

Yeast & Mold : <100 cfu/gm

Coliforms : <10 cfu/gm

E. coli : <10 cfu/gm

S. aureus: <10 cfu/gm

Salmonella: Absent in 25 gm

Shelf Life: 2 years from DOM

VALUE PROPOSITION

Ready to use

Reduced preparation time

Reduced wastage

Cherry Tomato

चेरी टमाटर | *Solanum lycopersicum*
var. cerasiforme

Seed Varities : Unnati, Rambha

Raw material is subjected contract farming



Only best quality Cherry Tomatoes are selected with upmost care. Immediately processed without losing its tenderness and freshness.

HEALTH BENEFITS

Decreased risk of some cancer, Epidemiological findings confirm the observed health effects due to the presence of varied antioxidants in tomato, Cherry tomatoes, with the highest contents of antioxidants (lycopene, ascorbic acid and phenols) and highest antioxidant activity represents a valuable genotype not only for improving the status of dietary antioxidants in our diet but also for increasing nutritional value through germplasm enhancement programmes.

Nutrition Facts/Valeur Nutritive (Per 100 gm)	
Amount Teneur	% Daily Value % Valeur quotidienne
Calories / Calories 18 kcal	
Fat / Lipides 0.2 g	0.0%
Saturated / satures 0 g + Trans / trans 0 g	0.0%
Cholesterol / Cholesterol 0mg	0.0%
Potassium 237 mg	7.0%
Total Carbohydrates / Glucides 3.9 g	1.0%
Fibre / Fibres 1.2 g	5.0%
Sugars / Sucre 2.6 g	
Protein / Proteines 0.9 g	
Vitamin A / Vitamine A	17.0%
Vitamin C / Vitamine C	23.0%
Calcium / Calcium	0.8%
Iron / Fer	1.5%
*Percent Daily Values are based on a 2,000 calorie diet.	

PRODUCT SPECIFICATIONS



Frozen Potato Dices

Colour: Red

Shape: Round

Size: Natural Whole Tomato

* As per requirements

RECIPE IDEAS

Basil Tomato Soup

Tomato Curry

Bomra's Tomato Salad

Fish Andlouse

QUALITY SPECIFICATION

TPC : <40000 cfu/gm

Yeast & Mold : <100 cfu/gm

Coliforms : <10 cfu/gm

E. coli : <10 cfu/gm

S. aureus: <10 cfu/gm

Salmonella: Absent in 25 gm

Shelf Life: 2 years from DOM

VALUE PROPOSITION

Ready to use

Ready to eat

Reduced preparation time

Reduced wastage

Cauliflower

फूलगोभी | *Brassica oleracea*



Seed Varities : Early Kunwari, Pusa Katki | Growing Area: Nashik
Distance from Factory: 40 Km | Harvest Season: September to March

Grown at farms that follow strict integrated pest management to ensure the produce is free from residues, creamy white cauliflowers are double washed and processed into florets and rice. Sweet and fresh, florets can be used to add crunch to your mains, and the riced version can be used as a nutritive and gluten free substitute to rice.

HEALTH BENEFITS

Besides nutritional components, these vegetables are also rich in health beneficial secondary metabolites, which include sulfur containing glucosinolates and S-methylcysteine sulfoxide, flavonoids, anthocyanins, coumarins, carotenoids, antioxidant enzymes, terpenes and other minor compounds. Having Cancer prevention ability. Act as a Cardioprotective component.

Nutrition Facts/Valeur Nutritive (Per 100 gm)	
Amount	% Daily Value
Teneur	% Valeur quotidienne
Calories / Calories 34 kcal	
Fat / Lipides 0.3 g	0.0%
Saturated / satures 0 g	0.0%
+ Trans / trans 0 g	
Cholesterol / Cholesterol 0mg	0.0%
Sodium 24 mg	1.0%
Total Carbohydrates / Glucides 4.7 g	2.0%
Fibre / Fibres 2.3 g	9.0%
Sugars / Sucre 2.2 g	
Protein / Proteines 2 g	
Vitamin A / Vitamine A	0.0%
Vitamin C / Vitamine C	81.0%
Calcium / Calcium	2.0%
Iron / Fer	0.0%
*Percent Daily Values are based on a 2,000 calorie diet.	

PRODUCT SPECIFICATIONS



Frozen Cauliflower Florets

Colour: Creamish White

Shape: Florets

Size: 25 - 50 mm

Frozen Cauliflower Riced

Colour: Creamish White

Shape: Riced

Size: 2 × 2 mm



RECIPE IDEAS

Cauliflower fritters

Asian fried cauliflower rice

cauliflower au gratin

QUALITY SPECIFICATION

TPC : <40000 cfu/gm

Yeast & Mold : <100 cfu/gm

Coliforms : <10 cfu/gm

E. coli : <10 cfu/gm

S. aureus: <10 cfu/gm

Salmonella: Absent in 25 gm

Shelf Life: 2 years from DOM

VALUE PROPOSITION

Residue free

Reduced preparation time

8 hour nutrition lock in
ready to use vegetable rice

Chick Peas

चने | *Cicer arietinum*



Seed Varities : Desi ChickPeas, Sadabahar | Growing Area: Near by Nashik
Distance from Factory: 300 Km | Harvest Season: All Year

Traditionally, chickpeas are meant to be soaked overnight, in order to obtain the best flavour and softness, who has time for that. We soak, blanch and freeze these chickpeas so that you can use it straight out of the bag. Packed with protein, whip with olive oil to make fresh hummus or add in some masala for a fine Indian chickpea curry.

HEALTH BENEFITS

Higher nutrient intakes of dietary fiber, polyunsaturated fatty acids, vitamin A, vitamin E, vitamin C, folate, magnesium, potassium, and iron, beneficial role in weight management and glucose and insulin regulation, as well as have a positive impact on some markers of cardiovascular disease (CVD), contain dietary bioactives such as phytic acid, sterols, tannins, carotenoids, and other polyphenols such as isoflavones.

Nutrition Facts/Valeur Nutritive (Per 100 gm)	
Amount Teneur	% Daily Value % Valeur quotidienne
Calories / Calories 164.1 kcal	
Fat / Lipides 2.6 g	4%
Saturated / satures 0 g + Trans / trans 0 g	0.0%
Cholesterol / Cholesterol 0mg	0.0%
Potassium 291 mg	8.0%
Total Carbohydrates/Glucides 27.4g	9.0%
Fibre / Fibres 7.3 g	29.0%
Sugars / Sucre 4.8 g	
Protein / Proteines 9.2 g	
Vitamin A / Vitamine A	0.5%
Vitamin C / Vitamine C	2.2%
Calcium / Calcium	3.8%
Iron / Fer	15.9%
*Percent Daily Values are based on a 2,000 calorie diet.	

PRODUCT SPECIFICATIONS



Frozen Chick Peas

Blanched Natural Chick Peas

RECIPE IDEAS

Hummus

Channa Masala

Veggie Protein Salad

QUALITY SPECIFICATION

TPC : <40000 cfu/gm
Yeast & Mold : <100 cfu/gm
Coliforms : <10 cfu/gm
E. Coli : <10 cfu/gm
S. Aureus: <10 cfu/gm
Salmonella: Absent in 25 gm

Shelf Life: 2 years from DOM

VALUE PROPOSITION

Ready to use

Reduced preparation time