



Foods & Inns

**INDIAN/ETHNIC
FROZEN**

Green Chili

हरी मिर्च | *Capsicum annuum*



Seed Varities : Teja 4, G-4 | Growing Area: Nashik
Distance from Factory: 40 Km | Harvest Season: September to October

Each chile is hand picked in the fields surrounding our facility, Carefully washed, prepared, Blanched and finally frozen to preseve the quality, texture and flavor. It is not too mild and not too hot.

HEALTH BENEFITS

The Phytonutrients present in chilies relax the respiratory passage and also lowers the danger of lung cancer along with prevention of problems associated with lungs such as Asthma, Cough and cold.

Vitamin A present in the green chilies is one of the essential nutrients, which are helpful in improving the vision and reduces the risk of cataracts and macular degeneration which happens with age

Nutrition Facts/Valeur Nutritive (Per 100 gm)	
Amount	% Daily Value
Teneur	% Valeur quotidienne
Calories / Calories 70 kcal	
Fat / Lipides 1.0 g	1.0%
Saturated / satures 0 g	0.0%
+ Trans / trans 0 g	
Cholesterol / Cholesterol 0mg	0.0%
Sodium 2 mg	0.0%
Total Carbohydrates / Glucides 13 g	4.0%
Fibre / Fibres 12 g	47.0%
Sugars / Sucre 0 g	
Protein / Proteines 3 g	
Vitamin A / Vitamine A	0.0%
Vitamin C / Vitamine C	100.0%
Calcium / Calcium	4.0%
Iron / Fer	10.0%
*Percent Daily Values are based on a 2,000 calorie diet.	

PRODUCT SPECIFICATIONS



Frozen Green Chili Cut

Colour: Green

Shape: Ring

Size: Length - 5 to 6 mm*

*As per requirement

Frozen Green Chili Whole

Colour: Green

Shape: Cylindrical

Size: Length - 30 to 80 mm



RECIPE IDEAS

Roasted Vegetables

Tomatillo (Green) Salsa

Pork Tenderloin

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

Clusterbean

ग्वार | *Cyamopsis tetragonoloba*



**Seed Varities : Durgajay, Durgapura Safed | Growing Area: Nashik and Near by
Distance from Factory: 150 - 350 Km | Harvest Season: Sep.to Oct. & March to April**

Clusterbeans are directly sourced from reliable farmers who cultivate these utilizing good agricultural practices and under natural conditions. Various numbers of patrons extensively demand these products owing to its high nutritional value

HEALTH BENEFITS

Cluster beans contain calcium and other minerals which help in strengthening the bones. Cluster beans are loaded with Calcium, Iron, vitamin K and Folic acid. Folic acid which helps to prevent the fetus from numerous birth defects and other pregnancy related health issues and vitamin K helps with better fetal development. Cluster beans have the hypoglycemic properties which help in relieve the nerves and also reduce tension and anxiety and calm the person mentally.

Nutrition Facts/Valeur Nutritive (Per 100 gm)	
Amount	% Daily Value
Teneur	% Valeur quotidienne
Calories / Calories 55 kcal	
Fat / Lipides 0.0 g	0.0%
Saturated / satures 0 g	0.0%
+ Trans / trans 0 g	
Cholesterol / Cholesterol 0mg	0.0%
Sodium 0 mg	0.0%
Total Carbohydrates / Glucides 10 g	4.0%
Fibre / Fibres 3 g	12.0%
Sugars / Sucre 0 g	
Protein / Proteines 3 g	
Vitamin A / Vitamine A	2.0%
Vitamin C / Vitamine C	23.0%
Calcium / Calcium	5.0%
Iron / Fer	2.0%

*Percent Daily Values are based on a 2,000 calorie diet.

PRODUCT SPECIFICATIONS



Frozen Clusterbeans

Colour: Pale Green

Shape: Elongated Pod shape

Size: Length- 80 mm*

Width - 7 ± 1 mm

*As per requirement

RECIPE IDEAS

Cluster Beans Chutney

Guar Dhokali

Guar Nu Shaak

Besan wali guar phali

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

Reduced preparation time

Reduced wastage

Unique flavour of India

Bitter Gourd

करेला | *Momordica charantia*



Seed Varities : Priya, Hybrid | Growing Area: Nashik
Distance from Factory: 40 Km | Harvest Season: September to October

The most bitter veggie in the kingdom of vegetables. bitter gourds come with rough, bumpy and green skin.

The off white translucent flesh taste crispy with the combination of the bitter seeds that are present inside. We process at upmost care making your preparations less messy and much easy.

HEALTH BENEFITS

It is used in traditional medicine for the treatment of Diabetes, Reports indicate that CFA (Conjugated fatty acids) have potent beneficial effects, including antitumor, antiobese, antiatherogenic and antidiabetic activities. The molecules have also been shown to prevent the onset of hypertension.

Nutrition Facts/Valeur Nutritive (Per 100 gm)	
Amount	% Daily Value
Teneur	% Valeur quotidienne
Calories / Calories 20 kcal	
Fat / Lipides 0.0 g	0.0%
Saturated / satures 0 g	0.0%
+ Trans / trans 0 g	
Cholesterol / Cholesterol 0mg	0.0%
Sodium 2 mg	0.0%
Total Carbohydrates / Glucides 4 g	1.0%
Fibre / Fibres 3 g	13.0%
Sugars / Sucre 1 g	
Protein / Proteines 1 g	
Vitamin A / Vitamine A	0.0%
Vitamin C / Vitamine C	50.0%
Calcium / Calcium	0.0%
Iron / Fer	8.0%
*Percent Daily Values are based on a 2,000 calorie diet.	

PRODUCT SPECIFICATIONS



Frozen Bitter Gourd

Colour: Green - Pale Green

Shape: Ring

Size: Thickness 7 mm \pm 1 mm

Dia.: 30 mm \pm 10 mm

RECIPE IDEAS

Bharwan Karela
Karela Ka Achaar
Karela Dahiwala
Aam choori Kareley

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

Bottle Gourd

लौकी | *Lagenaria siceraria*



Seed Varities : Hybrid, Mhyco | Growing Area: Nashik
Distance from Factory: 30 Km | Harvest Season: Whole Year

We carefully harvest Bottle Gourd from our trusted farms. Dice it after proper cleaning. The Bottle Gourd Cubes are frozen immediately retaining their farm fresh taste. You can use it for highly delicious Louki Kofta

HEALTH BENEFITS

Bottle gourd has a highest content of choline among all the vegetables, which serves as the precursor of neurotransmitter acetylcholine, which in turn is crucial for retaining and enhancing memory. Furthermore it is useful in the management of cardiac disorder, hepatic diseases and ulcer. Helps in losing weight quickly, because of its high fiber content.

Nutrition Facts/Valeur Nutritive (Per 100 gm)	
Amount Teneur	% Daily Value % Valeur quotidienne
Calories / Calories 15 kcal	
Fat / Lipides 0.0 g	0.0%
Saturated / satures 0 g + Trans / trans 0 g	0.0%
Cholesterol / Cholesterol 0mg	0.0%
Sodium 2 mg	0.0%
Total Carbohydrates / Glucides 4 g	1.0%
Fibre / Fibres 1 g	5.0%
Sugars / Sucre 0 g	
Protein / Proteines 1 g	
Vitamin A / Vitamine A	0.0%
Vitamin C / Vitamine C	3.0%
Calcium / Calcium	1.0%
Iron / Fer	3.0%
*Percent Daily Values are based on a 2,000 calorie diet.	

PRODUCT SPECIFICATIONS



Frozen Bottle Gourd

Colour: Pale green surface
with white flesh

Shape: Conical Cubes

Size: Thickness 15 mm \pm 2 mm

RECIPE IDEAS

Lauki Kofta
Lauki Thepla
Lauki Halwa
Lauki Kheer

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

Okra

भिंडी | *Abelmoschus esculentus*



Seed Varities :Singham, Samrat | Growing Area: Shahapur and Jalgaon
Distance from Factory: 200 Km | Harvest Season: All Year

Carefully picked at nearby farms, Washed, cut, delicately steam blanched and quickly frozen to ensure for taste, It can be stewed, fried or even mixed with other veggies or rice.

HEALTH BENEFITS

Okra is more a diet food than staple, The mucilage of okra binds cholesterol & bile acid carrying toxins dumped in to it by the liver. It is an affordable source of protein, carbohydrates, minerals and vitamins, dietary fibre and health promoting fatty acids.

Nutrition Facts/Valeur Nutritive (Per 100 gm)	
Amount	% Daily Value
Teneur	% Valeur quotidienne
Calories / Calories 30 kcal	
Fat / Lipides 0.3 g	0.0%
Saturated / satures 0 g	0.0%
+ Trans / trans 0 g	
Cholesterol / Cholesterol 0mg	0.0%
Sodium 10 mg	1.0%
Total Carbohydrates / Glucides 11 g	3.0%
Fibre / Fibres 5 g	18.0%
Sugars / Sucre 6 g	
Protein / Proteines 2 g	
Vitamin A / Vitamine A	0.0%
Vitamin C / Vitamine C	15.0%
Calcium / Calcium	4.0%
Iron / Fer	8.0%
*Percent Daily Values are based on a 2,000 calorie diet.	

PRODUCT SPECIFICATIONS



Frozen Whole baby okra

Colour: Lust Green

Shape: Cylindrical

Size: Length < 75 mm
Dia. < 16 mm

Frozen Okra Ring

Colour: Lust Green

Shape: Ring

Size: Length: 13 mm \pm 2 mm
Dia. < 16 mm



RECIPE IDEAS

Fried Pecan Okra

Okra and Corn Maque Choux

Okra Panzanella

Smashed fried okra

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

Suran/ Yam

सूरन | *Amorphophallus paeoniifolius*



**Seed Varities : Sree Padma, Gagendra | Growing Area: Nashik and Near by
Distance from Factory: 50 - 150 Km | Harvest Season: October to March**

An heirloom favourite, India has a variety of surans, which are highly nutritive with natural fibres. These surans readily soak in flavours and make for great use as a seasoned side dish, or in main dish; blanched so you save on time in the kitchen.

HEALTH BENEFITS

It has a lot of nutritional and health benefits such as antioxidative, hypoglycemic, hypocholesterolemic, antimicrobial, and immunomodulatory activities. A number of bioactive constituents such as phenolic compounds, saponins, bioactive proteins, glycoalkaloids, and phytic acids are responsible for the healthy effects.

Nutrition Facts/Valeur Nutritive (Per 100 gm)	
Amount Teneur	% Daily Value % Valeur quotidienne
Calories / Calories 80 kcal	
Fat / Lipides 0.0 g	0.0%
Saturated / satures 0 g + Trans / trans 0 g	0.0%
Cholesterol / Cholesterol 0mg	0.0%
Sodium 0 mg	0.0%
Total Carbohydrates / Glucides 12 g	4.0%
Fibre / Fibres 3.5 g	14.0%
Sugars / Sucre 0 g	
Protein / Proteines 7.6 g	
*Percent Daily Values are based on a 2,000 calorie diet.	

PRODUCT SPECIFICATIONS



Frozen Suran Dices

Colour: Creamish White

Shape: Dices

Size: 10 x 10 *

*As per requirement

RECIPE IDEAS

Yam Pickle
Suran Khichdi
Yam Fries

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

Reduced preparation time
Reduced wastage
Unique flavour of India

Ridge Gourd

तुरई | *Luffa acutangula* (L.)



Seed Varities : Phule Sucheta, Kankan Harita | Growing Area: Nashik
Distance from Factory: 40 Km | Harvest Season: August to September

Carefully picked from Fresh farm, immediately processed without losing its tenderness and freshness. Ridge gourd purifies blood, aids in jaundice, prevent diabetes and helps in weight loss

HEALTH BENEFITS

It is rich in minerals & alkaline in nature hence it gives cooling effect to the body. It also act as a appetizer. It is low calorie diet hence good for diabetes. Rich source of Phytochemical having anti- inflammatory activity

Nutrition Facts/Valeur Nutritive (Per 100 gm)	
Amount Teneur	% Daily Value % Valeur quotidienne
Calories / Calories 14 kcal	
Fat / Lipides 0.0 g	0.0%
Saturated / satures 0 g + Trans / trans 0 g	0.0%
Cholesterol / Cholesterol 0mg	0.0%
Sodium 2 mg	0.0%
Total Carbohydrates / Glucides 4 g	1.0%
Fibre / Fibres 1 g	5.0%
Sugars / Sucre 0 g	
Protein / Proteines 1 g	
Vitamin A / Vitamine A	0.0%
Vitamin C / Vitamine C	16.0%
Calcium / Calcium	2.0%
Iron / Fer	2.0%
*Percent Daily Values are based on a 2,000 calorie diet.	

PRODUCT SPECIFICATIONS



Frozen Ridge Gourd

Colour: Green with white flesh

Shape: Conical

Size: Thickness: 15 ± 2 mm

RECIPE IDEAS

Beer kaya Pachadi

Peerkangai Kootu

Masor Tenga

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

Valpapdi

पापडी | *Lablab purpureus*



Seed Varities :Deepali, Rajni | Growing Area: Nashik
Distance from Factory: 30 Km | Harvest Season: November to January

Individually quick frozen soon after harvest which locks in the nutritional benefits & tenderness. The sweetness and rich flavors originating from the fertile soil and warm climate of India are locked inside until you are ready to eat.

HEALTH BENEFITS

It is a potential source of nutraceuticals and pharmaceuticals. These nutraceuticals help in combating some of the major health problems of the century such as obesity, cardiovascular diseases, cancer, osteoporosis, arthritis, diabetes, cholesterol etc.

Nutrition Facts/Valeur Nutritive (Per 100 gm)	
Amount	% Daily Value
Teneur	% Valeur quotidienne
Calories / Calories 41 kcal	
Fat / Lipides 0.0 g	0.0%
Saturated / satures 0 g	0.0%
+ Trans / trans 0 g	
Cholesterol / Cholesterol 0mg	0.0%
Sodium 41 mg	2.0%
Total Carbohydrates / Glucides 6 g	2.0%
Fibre / Fibres 2 g	8.0%
Sugars / Sucre 0 g	
Protein / Proteines 2 g	
Vitamin A / Vitamine A	2.0%
Vitamin C / Vitamine C	4.0%
Calcium / Calcium	11.0%
Iron / Fer	2.0%
*Percent Daily Values are based on a 2,000 calorie diet.	

PRODUCT SPECIFICATIONS



Frozen Valpapdi

Colour: Pale Green

Shape: Elongated Split Pod

Size: Length- 60 mm \pm 10 mm

Frozen Papdi Lilva Beans

Colour: Green

Shape: Kidney shaped

Size: Length- 7 mm \pm 1 mm



RECIPE IDEAS

Khatti Meethi Papdi

Valor Papdi Nu Shak

Valor Muthia Nu Shaak

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

Reduced preparation time

Reduced Wastage

8 hour nutrition lock in

Drumstick

सहजन फलियां | *Moringa oleifera*



Seed Varities : Rohit 1, Coimbatore 2 | Growing Area: Maharashtra
Distance from Factory: 150 Km | Harvest Season: Whole Year

Drumsticks come from fresh farms, selected carefully. These are lightly peeled, cut and quickly frozen. Drumsticks are processed within hours of being picked to retain nutritional benefits, taste and tenderness.

HEALTH BENEFITS

Drumstick act as a anti-fibrotic, Anti-Inflammatory, Anti - Microbial, Anti - hyperglycemic. It also has a property like Anti-tumor and Anti- Cancer.

Nutrition Facts/Valeur Nutritive (Per 100 gm)	
Amount	% Daily Value
Teneur	% Valeur quotidienne
Calories / Calories 85 kcal	
Fat / Lipides 0.0 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 Drumstick

Colour: Green - Pale Green

Size: Length: 70 mm \pm 2 mm

Diameter: < 12 mm

RECIPE IDEAS

Drumstick Curry
Drumstick Pickle
Drumstick Soup
Sojana Data Posto

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



Foods & Inns

**LEAVES - HERBS
FROZEN**

Spinach

पालक | *Spinacia oleracea*



Seed Varities : Pusa Jyoti, Pusa All Green | Growing Area: Nashik
Distance from Factory: 40 Km | Harvest Season: November to January

Great Value Chopped Spinach has a vibrant green color and a fresh from the farm flavor. When steamed, it has a tender, delicious taste that is also great for you. Spinach has a versatile taste that allows you to use it in dozens of ways. It is great for health conscious individuals as it has no total fat or cholesterol.

HEALTH BENEFITS

Spinach is high in carotenoids, which the body can turn into vitamin A , Spinach contains high amounts of zeaxanthin and lutein, which are the carotenoids responsible for color in some vegetables. Human eyes also contain high quantities of these pigments. They help protect our eyes from the damage caused by sunlight

Nutrition Facts/Valeur Nutritive (Per 100 gm)	
Amount	% Daily Value
Teneur	% Valeur quotidienne
Calories / Calories 30 kcal	
Fat / Lipides 0.0 g	0.0%
Saturated / satures 0 g	0.0%
+ Trans / trans 0 g	
Cholesterol / Cholesterol 0mg	0.0%
Sodium 240 mg	10.0%
Total Carbohydrates / Glucides 4 g	1.0%
Fibre / Fibres 4 g	15.0%
Sugars / Sucre 0 g	
Protein / Proteines 3 g	
Vitamin A / Vitamine A	0.0%
Vitamin C / Vitamine C	15.0%
Calcium / Calcium	10.0%
Iron / Fer	25.0%
*Percent Daily Values are based on a 2,000 calorie diet.	

PRODUCT SPECIFICATIONS



Frozen Spinach balls

Colour: Green

Shape: Round

Size: As per requirement

Frozen Spinach Cubes

Colour: Green

Shape: Cubical

Size: As per requirement



RECIPE IDEAS

Lemony Tortellini Spinach Soup

Slow Cooker Spinach- Artichoke Dip

Super Greens Smoothie

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

Reduce Wastage

Reduced preparation time

8 hour nutrition lock in

Ginger

अदरक | *Zingiber officinale*



Seed Varities : Rio - De - Janeiro, Maran | Growing Area: Western Maharashtra
Distance from Factory: 300 Km | Harvest Season: January to March

We process primium easy ready-to-use ginger, so you can whip up culinary delights like magic! Add Ginger to marinades, salad dressings and sauces. Ginger is processed when it is fresh to lock its nutritional value.

HEALTH BENEFITS

There is scientific support that ginger may alleviate the symptoms of nausea and vomiting following pregnancy, surgery, cancer therapy, or motion sickness and suggestive evidence that ginger reduces inflammation and pain. Cell culture studies show that ginger has antioxidant properties.

Nutrition Facts/Valeur Nutritive (Per 100 gm)	
Amount Teneur	% Daily Value % Valeur quotidienne
Calories / Calories 80 kcal	
Fat / Lipides 0.8 g	1.0%
Saturated / satures 0.2 g + Trans / trans 0 g	1.0%
Cholesterol / Cholesterol 0mg	0.0%
Potassium 415 mg	11.0%
Total Carbohydrates /Glucides 18 g	6.0%
Fibre / Fibres 2.0 g	8.0%
Sugars / Sucre 1.7 g	
Protein / Proteines 1.8 g	
Vitamin A / Vitamine A	0.0%
Vitamin C / Vitamine C	8.0%
Calcium / Calcium	1.0%
Iron / Fer	3.0%
*Percent Daily Values are based on a 2,000 calorie diet.	

PRODUCT SPECIFICATIONS



Frozen Ginger paste Cubes

Colour: Brown

Size: As per requirement

Shape: Cubical

RECIPE IDEAS

Ginger hot chocolate
Toasted sesame ginger salon
Creamy ginger green smoothie
Ginger- Garlic cocktail meatballs

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 Wastage

Fenugreek

मेथी के पत्ते | *Trigonella foenum-graecum*



Seed Varities : Seven Star, Delhi green | Growing Area: Nashik

Distance from Factory: 10 Km | Harvest Season: November to January

Great Valued Chopped Fenugreek has a vibrant green color and a fresh from the farm flavor. When steamed, it has a tender, delicious taste which is a great fit for you. Fenugreek leaves are a staple in Indian cooking. Often added to egg and bean dishes, it also helps create a solid backbone of flavor for meat rubs and stews.

HEALTH BENEFITS

Rich source of calcium, iron, B- carotene, Provides soluble fiber along with other glucose, cholesterol and triglyceride lowering compound. potential natural health product for the prevention and treatment of type II diabetes. stabilization of blood glucose and lipid levels for non-insulin-dependent diabetics. prevents of hyperglycemia and hyperlipidemia.

Nutrition Facts/Valeur Nutritive (Per 100 gm)	
Amount	% Daily Value
Teneur	% Valeur quotidienne
Calories / Calories 30 kcal	
Fat / Lipides 0.0 g	0.0%
Saturated / satures 0 g	0.0%
+ Trans / trans 0 g	
Cholesterol / Cholesterol 0mg	0.0%
Sodium 40 mg	2.0%
Total Carbohydrates /Glucides 4 g	1.0%
Fibre / Fibres 4 g	17.0%
Sugars / Sucre 0 g	
Protein / Proteines 4 g	
Vitamin A / Vitamine A	40.0%
Vitamin C / Vitamine C	30.0%
Calcium / Calcium	4.0%
Iron / Fer	50.0%
*Percent Daily Values are based on a 2,000 calorie diet.	

PRODUCT SPECIFICATIONS



Frozen Methi Blocks

Colour: Green

Size: 60× 60 × 22 mm

Shape: Cubical

Weight: 70 gms ± 5 gms*

*As per requirement

RECIPE IDEAS

Methi Palak Paneer Subzi
Baked Methi Muthias

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

Reduced preparation time
8 hour nutritional lock in
Reduced wastage

Spring Onion

प्याज का पत्ता | *Allium cepa*



Seed Varities : N-59, Furusungi | Growing Area: Nashik
Distance from Factory: 25 Km | Harvest Season: Whole Year

Spring onions come with a crisp texture and sweet flavour. They are moist with thin, white flesh and a green stem that is hollow, bitter and pungent. We processed with upmost care, you can use it as seasonings in curries, pakodas and several other snacks.

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 32 kcal	
Fat / Lipides 0.2 g	0.0%
Saturated / satures 0 g	0.0%
+ Trans / trans 0 g	
Cholesterol / Cholesterol 0mg	0.0%
Sodium 16 mg	1.0%
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 Spring Onion - Chopped

Colour: Green

Size: 4 - 6 mm*

Shape: Cut size

*As per requirement

RECIPE IDEAS

Schezwan & Spring Onion Butter
Nachos
Burrito bowl

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 Wastage

Moringa Leaves

सहजन के पत्ते | *Moringa oleifera*



Seed Varities : Rohit 1, Coimbatore 2 | Growing Area: Maharashtra
Distance from Factory: 150 Km | Harvest Season: Whole Year

Moringa Leaves come from fresh farms, selected carefully. Washed, blanched and go for puree. These are processed within hours of being picked to retain nutritional benefits, taste and tenderness.

HEALTH BENEFITS

Moringa Leaves act as a anti-fibrotic, Anti-Inflammatory, Anti - Microbial, Anti - hyperglycemic. It also has a property like Anti-tumor and Anti- Cancer.

Nutrition Facts/Valeur Nutritive (Per 100 gm)	
Amount	% Daily Value
Teneur	% Valeur quotidienne
Calories / Calories 85 kcal	
Fat / Lipides 0.0 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 Moringa Leaves Paste

Colour: Green - Pale Green

Packing: As per requirement

RECIPE IDEAS

Thoran
Drumstick leaves Dal
Clear Soup
Koftas

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