



Foods & Inns

**EXOTIC
FROZEN**

Green Zucchini

जुकिनि | *Cucurbita pepo var. cylindrica*



Seed Varieties : Dunja, Kora

Raw Material Availability Subject to Contract Farming

Contract grown to perfection at nearby farms. These green zucchinis exhibit the characteristic freshness, sweetness and crunch. Try our slices for use in roast dishes, sides or salads. Or, use our perfectly spiralised zucchini as a natural, gluten-free and super healthy substitute for pasta.

HEALTH BENEFITS

Zucchini is rich in antioxidants and anti-inflammatory phytonutrients which help to rid the body of free radicals and excess inflammation which effect in slower aging. Zucchini is a good source of health protecting antioxidants and phytonutrients including vitamin C, beta-carotene, manganese, zeaxanthin and lutein, This reduces the risk of developing age-related eye conditions like glaucoma, cataracts and macular degeneration.

Nutrition Facts/Valeur Nutritive (Per 100 gm)	
Amount	% Daily Value
Teneur	% Valeur quotidienne
Calories / Calories 15 kcal	
Fat / Lipides 0.4 g	0.0%
Saturated / satures <0.01g	0.0%
+ Trans / trans <0.01g	
Cholesterol / Cholesterol 0mg	0.0%
Potassium 264 mg	7.0%
Total Carbohydrates / Glucides 2.7 g	0.0%
Fibre / Fibres 1 g	3.0%
Sugars / Sucre 1.7 g	
Protein / Proteines 1.1 g	
Vitamin A / Vitamine A	22%
Vitamin C / Vitamine C	21%
Calcium / Calcium	1%
Iron / Fer	2.0%
*Percent Daily Values are based on a 2,000 calorie diet.	

PRODUCT SPECIFICATIONS



Frozen Zucchini Sliced

Colour: Green skin with white flesh
Shape: Ring shape (Slice)
Size: Thickness : 4-7 mm
Diameter: 30-60mm



Frozen Zucchini Riced

Colour: Creamish White
Shape: Riced
Size: 2-3mmX2-3mmX4-6mm



Frozen Spiralized Zucchini

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

RECIPE IDEAS

Roast Zucchini

Asian Stir - fry

Zoodles Cacio e Pepe

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 spirals

8 hour nutrition lock in promise

Bell Peppers

शिमला मिर्च | *Capsicum annuum Group*



Seed Varieties : Arka Mohini, Indra, Bomby, Orabelle, Arka Gaurav
Raw Material Availability Subject to Contract Farming

Peppers are contract grown in greenhouses to ensure optimal growth, frozen as either juliennes, dices or chunks. Add colour to your salads or side dishes with mixed pepper bags, or blend into a soup.

HEALTH BENEFITS

Dietary spices and their active constituents provide various beneficial effects on the gastrointestinal system by variety of mechanisms such as influence of gastric emptying, stimulation of gastrointestinal defense and absorption, stimulation of salivary, intestinal, hepatic, and pancreatic secretions.

Nutrition Facts/Valeur Nutritive (Per 100 gm)	
Amount	% Daily Value
Teneur	% Valeur quotidienne
Calories / Calories 28 kcal	
Fat / Lipides 0.2 g	0.0%
Saturated / satures 0.0 g	0.0%
+ Trans / trans 0.0 g	
Cholesterol / Cholesterol 0mg	0.0%
Potassium 166 mg	4.0%
Total Carbohydrates / Glucides 7 g	2.0%
Fibre / Fibres 1.2 g	4.0%
Sugars / Sucre 3.2 g	
Protein / Proteines 0.9 g	
Vitamin A / Vitamine A	9.0%
Vitamin C / Vitamine C	124.0%
Calcium / Calcium	0.0%
Iron / Fer	2.0%
*Percent Daily Values are based on a 2,000 calorie diet.	

PRODUCT SPECIFICATIONS



**Frozen Green Capsicum
Julienne cut**

Colour: Green, pale Green
Shape: Stripes
Size: 30- 50 mm x 10 mm



**Frozen Red Capsicum
Julienne cut**

Colour: Red
Shape: Stripes
Size: 30- 50 mm x 10 mm



**Frozen Yellow Capsicum
Julienne cut**

Colour: Red
Shape: Stripes
Size: 30- 50 mm x 10 mm

RECIPE IDEAS

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

Reduced preparation time

Residue free

Reduce Wastage

Broccoli

ब्रोकोली | *Brassica oleracea var.*



Seed Varieties : KTS - I, ITC

Raw material availability is subjected to contract farming

Contract grown at a region with higher altitude to reduce interference by pests, optimally harvested broccoli is steam blanched and then either frozen as florets or vegetable rice. Applications are endless, but best enjoyed in an asian stir-fry, or used in vegetable smoothies, or just on its own.

HEALTH BENEFITS

Excellent source of phytochemicals including glucosinolates and their byproducts, phenolics and antioxidant vitamins as well as dietary minerals. Broccoli consumption mediates a variety of functions including providing antioxidants, regulating enzymes and controlling apoptosis and cell cycle.

Nutrition Facts/Valeur Nutritive (Per 100 gm)	
Amount	% Daily Value
Teneur	% Valeur quotidienne
Calories / Calories 26 kcal	
Fat / Lipides 0.3 g	0.0%
Saturated / satures 0 g	0.0%
+ Trans / trans 0 g	
Cholesterol / Cholesterol 0mg	0.0%
Potassium 212 mg	6.0%
Total Carbohydrates / Glucides 4.8 g	2.0%
Fibre / Fibres 3 g	12.0%
Sugars / Sucre 1.3 g	
Protein / Proteines 2.8 g	
Vitamin A / Vitamine A	21%
Vitamin C / Vitamine C	94%
Calcium / Calcium	6.0%
Iron / Fer	5.0%
*Percent Daily Values are based on a 2,000 calorie diet.	

PRODUCT SPECIFICATIONS



Frozen Broccoli Florets

Colour: Pale Green Colour

Shape: Florets

Size: 25 - 50 mm

Frozen Broccoli Riced

Colour: Pale Green Colour

Shape: Riced

Size: 2 × 2 mm



RECIPE IDEAS

Vegetable smoothie
Broccoli and fennel soup
Broccoli, babycorn and
mushroom stir-fry

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

Mushroom

कुकुरमुत्ता | *Agaricus bisporus*



Seed Varieties : Button

Raw material availability is subjected to contract farming

Contract grown to perfection at nearby farms, carefully harvested and processed quickly to retain its freshness. Mushrooms adds very unique taste to the recipes and makes them more healthy as well as yummy

HEALTH BENEFITS

High in protein, carbohydrate, and dietary fibre, Mushrooms contain a variety of minerals and trace elements such as potassium, and copper and vitamins such as riboflavin, niacin, and folates. Bioactive secondary metabolites found in mushrooms include phe, nolic compounds, sterols and triterpenes, have purported many pharmacological effects such as anti-tumour, antioxidant, antiviral, hypocholesterolemic and hypoglycaemic effects.

Nutrition Facts/Valeur Nutritive (Per 100 gm)	
Amount	% Daily Value
Teneur	% Valeur quotidienne
Calories / Calories 28 kcal	
Fat / Lipides 0.5 g	2.0%
Saturated / satures 0.1 g	0.0%
+ Trans / trans 0 g	
Cholesterol / Cholesterol 0mg	0.0%
Potassium 356 mg	10.0%
Total Carbohydrates /Glucides 5g	1.0%
Fibre / Fibres 2.2 g	8.0%
Sugars / Sucre 2.3 g	
Protein / Proteines 2.2 g	
Vitamin A / Vitamine A	0.0%
Vitamin C / Vitamine C	6.0%
Calcium / Calcium	2.4%
Iron / Fer	9.0%
*Percent Daily Values are based on a 2,000 calorie diet.	

PRODUCT SPECIFICATIONS



Frozen Mushroom - Sliced

Colour: Creamy White

Size: Thickness : 3 -5 mm

Diameter : 20 - 40 mm

Stem : About 10 mm

RECIPE IDEAS

Kadai Mushroom
Mushroom Masala
Mushroom Biryani
Mushroom 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