



ALRABEA AGRO

"Preserving nature's best with quality you can trust, in every bite."

FROST PRODUCTS

www.alrabea-agro.com

ALRABEA AGRO COMPANY

Our company was established with a vision to provide the highest quality frozen fruits and vegetables to markets around the world.

With a focus on freshness, nutrition, and exceptional taste, we use state-of-the-art freezing techniques that lock in the natural flavors, textures, and vital nutrients of each product. From field to freezer, we ensure that every piece of fruit and vegetable is carefully selected and frozen at peak ripeness to guarantee its superior quality.

We proudly offer a wide variety of premium frozen fruits and vegetables, including juicy strawberries, vibrant bell peppers, crisp peas, and much more.

Each product is harvested from trusted farms known for their high standards of cultivation. Our freezing process preserves the full nutritional value, ensuring that the freshness of the harvest is maintained until it reaches your table.

Sustainability and innovation are at the heart of what we do. By extending the life of fresh produce through freezing, we help reduce food waste while offering convenient, ready-to-use ingredients that fit the needs of today's fast-paced lifestyles.

Whether you're a home cook preparing wholesome meals or a food service professional looking for consistent quality, our frozen fruits and vegetables provide a versatile and healthy solution. That's why our slogan is "Preserving nature's best with quality you can trust, in every bite."

Our dedication to quality, food safety, and customer satisfaction sets us apart, as we continually strive to bring nutritious and flavorful products to homes and businesses around the globe.

With our frozen products, you can enjoy the goodness of the harvest, all year round.

#Frozen Broccoli



- Frozen broccoli is fresh broccoli that has been cleaned, cut into florets, and frozen soon after harvest to lock in its nutrients and freshness.
- The florets are vibrant green, with a firm texture before cooking, and have a slightly earthy, grassy flavor with a hint of sweetness.
- When cooked, the broccoli becomes tender but still retains a slight crunch, depending on the method of preparation.
- Frozen broccoli can be steamed, sautéed, roasted, or used in casseroles, soups, and stir-fries.
- It is a convenient, nutrient-rich option, offering fiber, vitamins C and K, and antioxidants, while maintaining much of its original taste and texture.

Nutrient	Amount per 100g
Calories	34 kcal
Protein	2.8 g
Carbohydrates	7 g
Sugars	1.7 g
Fiber	3 g
Fat	0.4 g
Vitamin C	89 mg
Vitamin K	101 mcg
Potassium	316 mg
Calcium	47 mg



#Frozen Cauliflower



- Frozen cauliflower consists of fresh cauliflower that has been washed, cut into florets and quickly frozen to preserve its nutrients and flavor.
- The florets are typically firm, with a white or off-white color and have a mildly nutty and slightly sweet taste.
- Frozen cauliflower can be cooked by steaming, boiling or roasting and is commonly used in a variety of dishes such as soups, stir-fries, casseroles, and as a low-carb alternative to mashed potatoes or rice.
- It is convenient and retains much of its nutritional value, including fiber, vitamins C and K and antioxidants

Nutrient	Amount per 100g
Calories	25 kcal
Protein	2 g
Carbohydrates	5 g
Sugars	2 g
Fiber	2 g
Fat	0.3 g
Vitamin C	48 mg
Vitamin K	15 mcg
Potassium	299 mg
Calcium	22 mg



#Frozen strawberry



- Frozen strawberries are fresh strawberries that have been cleaned, hulled, and quickly frozen to preserve their natural flavor and nutrients.
- They are typically vibrant red with a slightly frosty exterior and when thawed, their texture becomes softer and juicier compared to fresh strawberries.
- Frozen strawberries have a naturally sweet and tangy taste, making them perfect for smoothies, desserts, sauces or baking.
- They retain much of their vitamin C, fiber and antioxidant content, offering a convenient and nutritious option for a variety of recipes year-round.

Nutrient	Amount per 100g
Calories	35 kcal
Protein	0.8 g
Carbohydrates	8 g
Sugars	4.9 g
Fiber	2 g
Fat	0.3 g
Vitamin C	59 mg
Vitamin K	2 mcg
Potassium	153 mg
Calcium	16 mg



#Frozen green beans



- Frozen green beans are fresh green beans that have been cleaned, trimmed and quickly frozen to preserve their flavor, texture, and nutritional content.
- The beans are typically bright green and before cooking, they have a firm, crisp texture.
- Once cooked, they become tender while maintaining a slight crunch, depending on the cooking method.
- Frozen green beans are incredibly versatile and can be used in a variety of dishes such as stir-fries, casseroles, soups, stews and salads.
- Nutritionally, frozen green beans are a good source of dietary fiber, vitamins A, C and K, as well as minerals like iron and potassium.
- Freezing helps lock in these nutrients, making frozen green beans a convenient and healthy choice year-round.
- Frozen green beans can also be a timesaving option, as they don't require the cleaning or trimming that fresh beans do, allowing for quick and easy meal preparation.

Nutrient	Amount per 100g
Calories	31 kcal
Protein	1.8 g
Carbohydrates	7 g
Sugars	3.7 g
Fiber	3.4 g
Fat	0.2 g
Vitamin C	12 mg
Vitamin K	43 mcg
Potassium	209 mg
Calcium	37 mg



#Frozen peas



- Frozen peas are fresh peas that have been shelled, blanched, and quickly frozen to maintain their natural sweetness, flavor, and nutrients.
- They are small, round, and vibrant green, with a tender texture when cooked.
- Frozen peas are convenient and versatile, commonly used in a variety of dishes like soups, stews, stir-fries, salads and casseroles.
- Nutritionally, frozen peas are a good source of dietary fiber, protein, and vitamins such as A, C and K, along with important minerals like iron, potassium and folate.
- Freezing preserves these nutrients, making frozen peas a healthy and accessible option throughout the year.
- They retain their slightly sweet, earthy flavor and are quick to cook, making them a great addition to a balanced diet.

Nutrient	Amount per 100g
Calories	81 kcal
Protein	5.4 g
Carbohydrates	14 g
Sugars	5.7 g
Fiber	5 g
Fat	0.4 g
Vitamin C	40 mg
Vitamin K	24 mcg
Potassium	244 mg
Calcium	25 mg



#Frozen Mango



- Frozen mango consists of mango chunks or slices that have been peeled, cut, and flash-frozen at their peak ripeness to preserve flavor, nutrients, and texture.
- The pieces are typically bright yellow or orange in color, with a firm yet soft texture that remains intact during the freezing process.
- When thawed, frozen mango retains much of its natural sweetness and tang, although the texture may become slightly softer compared to fresh mango.

Nutrient	Amount per 100g
Calories	60 kcal
Protein	0.8 g
Carbohydrates	15 g
Sugars	13.7 g
Fiber	1.6 g
Fat	0.4 g
Vitamin C	36 mg
Vitamin A	54 mcg
Potassium	168 mg
Calcium	11 mg



Product	Nutritional Value
Spinach	High in iron, calcium, vitamins A, C, and K; low in calories.
Carrots	High in beta-carotene (vitamin A), fiber, and low in calories.
Corn	Rich in carbohydrates, fiber, vitamins B, and antioxidants.
Brussels Sprouts	High in fiber, vitamins C and K, and antioxidants.
Mixed Vegetables	Varies based on the mix, generally provides fiber, vitamins, and antioxidants.
Asparagus	High in fiber, folate, and vitamins A, C, and K; low in calories.
Zucchini	Low in calories, high in water content, contains vitamins A and C, and fiber.
Bell Peppers	High in vitamins C and A, low in calories, rich in antioxidants.
Kale	Extremely nutrient-dense, high in fiber, vitamins A, C, K, and antioxidants.
Edamame	High in protein, fiber, and iron, contains calcium and vitamin C.
Okra	Rich in fiber, vitamins A and C, and antioxidants; low in calories.
Blueberries	Rich in antioxidants, vitamin C, and fiber; low in calories.
Pineapple	High in vitamin C, manganese, and antioxidants; low in calories.
Raspberries	High in fiber, vitamin C, and antioxidants; low in calories.
Peaches	Good source of vitamins A and C, fiber, and antioxidants; low in calories.
Cherries	Rich in antioxidants, vitamins A and C, and fiber; moderate in calories.
Blackberries	High in fiber, vitamin C, and antioxidants; low in calories.
Mixed Berries	Rich in antioxidants, vitamins C and A, and fiber; low in calories.
Bananas	Good source of potassium, vitamin B6, and vitamin C; moderate in calories.
Papaya	High in vitamin C, fiber, and antioxidants; low in calories.
Grapes	Rich in vitamins C and K, antioxidants, and water content; moderate in calories.
Cranberries	High in vitamin C and antioxidants; low in calories.
Watermelon	High in water content, rich in vitamins A and C; low in calories.
Apples	Good source of fiber, vitamin C, and antioxidants; low in calories