

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 divided into grades according to size.

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Okra Zero

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Okra

Extra

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