PRODUCT SPECIFICATION

IQF OKRA



Tabarak's IQF Okra is made from premium, carefully selected tender pods—thoroughly washed, gently blanched, and individually quick-frozen to preserve their natural flavor, vibrant green color, and nutritional value. Free from additives or preservatives, our okra delivers exceptional freshness, superior quality, and consistent performance, making it an ideal choice for the global food industry.

PACKAGING	Corrugated Cartons with Polyethylene Bags
PACK SIZES	1×10 kg · 4×2.5 kg · 10×1 kg · 20×400 g
CUT / FORM	Whole, Sliced, Calibrated / Uncalibrated
SHELF LIFE & STORAGE	24 Months at -18°C
IDEAL FOR	Stews, Soups, Traditional Dishes

VITAMINS & MINERALS

Carbs	C	FE	CA
2.6%	15.5%	4.1%	10.1%

Values represent % Daily Value per 100g serving

SEASONALITY

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC

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