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-EZZ-
TRADING COMPANY

VAGATABELS & FRUITS



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TRADE & EXPORT
FOOD PROCESSING



EZZ



QUALITY
YOU CAN TRUST





-EZZ-
TRADING COMPANY

OUR STORY

EZZ IS AN EGYPTIAN COMPANY SPECIALIZING IN THE EXPORT OF FRESH FRUITS AND VEGETABLES. WE WORK IN DIRECT PARTNERSHIP WITH THE BEST, MOST TRUSTED FARMS IN THE NILE DELTA AND UPPER EGYPT, AS WELL AS THE BEST FACTORIES SPECIALIZING IN HIGH-QUALITY MANUFACTURING AND PACKAGING. WE APPLY THE HIGHEST QUALITY CONTROL STANDARDS FROM HARVEST TO PACKAGING, AND COORDINATE REFRIGERATED TRANSPORTATION TO ENSURE CONSISTENT, HIGH-QUALITY SHIPMENTS REACH ALL PARTS OF THE WORLD.

WE MAY NOT BE THE LARGEST COMPANY, BUT WE STRIVE TO BE THE MOST COMMITTED AND TRUE TO OUR WORD. WE BELIEVE THAT TRUST IS BUILT THROUGH EXPERIENCE, SO WE FOCUS ON HONEST DEALINGS AND PRODUCT QUALITY ABOVE ALL ELSE. WE WANT TO BE RELIABLE PARTNERS, NOT JUST TEMPORARY SUPPLIERS. OUR GOAL IS TO BUILD LONG-TERM RELATIONSHIPS BASED ON TRUST WE BELIEVE THAT TRUST IS NOT SAID, BUT PROVEN—THROUGH EVERY SHIPMENT, EVERY COMMUNICATION, AND EVERY PROMISE WE KEEP. WE STRIVE TO DELIVER WHAT WE ARE WILLING TO CARRY IN OUR NAME.

OUR VISION

TO BE RECOGNIZED AS THE DEFINITIVE, MOST RELIABLE PARTNER FOR EGYPTIAN AGRICULTURAL EXPORTS WORLDWIDE, DEFINED BY OUR UNCOMPROMISING COMMITMENT TO QUALITY, EFFICIENCY, AND MARKET EXPANSION.

GOAL

TO DELIVER HIGH-QUALITY FRESH FRUITS AND VEGETABLES TO GLOBAL MARKETS, WHILE BUILDING LONG-TERM PARTNERSHIPS BASED ON TRUST, RELIABILITY, AND INTEGRITY—ENSURING EVERY SHIPMENT AND EVERY INTERACTION REFLECTS OUR COMMITMENT TO EXCELLENCE.

OUR MISSION

FUELED BY PASSION, OUR MISSION IS TO DELIVER THE FRESHEST, SAFEST, AND MOST SUSTAINABLE EGYPTIAN FRUITS AND VEGETABLES TO EVERY CORNER OF THE GLOBE, BUILDING RELIABLE PATHWAYS BETWEEN OUR FIELDS AND YOUR PLATE.



ARTICHOKES

PACKS
SIZES



Discover the exquisite flavor and tender texture of our fresh artichokes, grown in the sun-drenched fields of Egypt's Nile Delta. Harvested at the peak of ripeness, our artichokes are known for their vibrant green color and deliciously nutty taste, making them a standout ingredient in a variety of culinary creations. Rich in vitamins, minerals, and antioxidants, our fresh artichokes are not only a gourmet delight but also a nutritious addition to any meal. They are perfect for steaming, grilling, or stuffing, and can elevate salads, pastas, and appetizers to a whole new level.

We take pride in delivering exceptional quality and flavor that reflects the authentic tastes of the Mediterranean. Bring the unique and delightful essence of fresh Egyptian artichokes to your kitchen and impress with every bite!

Our Products come in the following varieties:

-IQF Artichoke Quarter

Pack Sizes

30 Artichoke pieces per crate

NUTRITION FACTS PER 100G SERVING

CALORIES	55 KCAL
FAT	9G
CARBOHYDRATE	10G
FIBER	4G
PROTEIN	2G
SODIUM	47 MG
VITAMIN C	20 MG
VITAMIN A	100 IU

PRODUCTION SEASON
DECEMBER - MAY





IQF ARTICHOKES IN BRINE

Bring the Mediterranean flavors to your kitchen with our artichokes in brine, grown in Egypt's Nile Delta. Our preparation preserves the fresh taste and tender texture, while the mild brine enhances the natural flavors. Packed at peak ripeness, they are nutritious and easy to use for meals or entertaining. Enjoy authentic Egyptian taste with our quality artichokes.

Our products come in the following varieties:

- Artichoke Bottoms In-Brine (Net weight: 125kg/drum)
- Artichoke with Stem In-Brine (Net weight: 130kg/drum)
- Artichoke Hearts In-Brine (Net weight: 150kg/drum)
- Artichoke Quarter In-Brine (Net weight: 160kg/drum)

NUTRITION FACTS PER 100g SERVING	
CALORIES	47 KCAL
FAT	0.96g
CARBOHYDRATE	9.0g
FIBER	3.4g
PROTEIN	3.20g
SODIUM	34 MG
VTAMIN C	0.7 MG
VTAMIN A	20 IU
CALCIUM	25 MG
IRON	0.54 MG

IQF ARTICHOKES

Our Products come in the following varieties:

- IQF Artichokes Quarter (Extra), (Grade A) & (Standard)
- IQF Artichokes Bottoms. (3.5 cm),(7-5 cm), and (9-7 cm)
- IQF Artichokes Hearts Available in (25-20 cm), (35-25 cm), up to 35 cm
- IQF Artichokes With Stem (Ice Cream). Available in (25-20 cm). (35-25 cm), up to 35 cm
- IQF Artichokes Slice: Tender and tasty for pizzas & salads (2 mm diameter)
- IQF Artichokes Half (50/40 halves/kg)
- IQF Artichokes Cubes. Available in 2 sizes (110x10 mm) & (20x20 mm)

PACKS SIZES

NUTRITION FACTS PER 100g SERVING	
CALORIES	56 KCAL
FAT	0G
CARBOHYDRATE	10G
FIBER	4G
PROTEIN	2G
SODIUM	47 MG
VTAMIN C	20 MG
VTAMIN A	50 IU
CALCIUM	20 MG
IRON	0.54 MG

PRODUCTION SEASON
DECEMBER - MAY



IQF

BROCCOLI

PACKS
SIZES

Our premium frozen broccoli, sourced from the fertile Nile Delta region of Egypt, offers unmatched freshness and nutrition. It keeps its vibrant color and rich flavor, making it easy to add to any meal. Just thaw and use it in dishes like stir-fries or soups. It is packed with essential nutrients, fiber, and vitamin C.

Our Products come in the following varieties:

IQF Broccoli (40-20mm),(60-40 mm)

PRODUCTION SEASON

DECEMBER - MARCH

NUTRITION FACTS

PER 100G SERVING

CALORIES	28 KJL
FAT	0.9G
CARBOHYDRATE	5.5G
FIBER	2.5G
PROTEIN	3.9G
SODIUM	24 MG
VITAMIN C	481 MG
VITAMIN A	118 UG
CALCIUM	50 MG
IRON	1 MG



IQF CAULIFLOWER

PACKS
SIZES



Enjoy the fresh flavor and health benefits of premium cauliflower from the Nile Delta in Egypt.

Our frozen variety captures its natural sweetness and tender texture, making it easy to use in many dishes. Simply thaw and add it to soups, stews, casseroles, or roasted vegetables. Ideal for riced cauliflower and pizza crusts, it is packed with vitamins, minerals, and antioxidants, offering fiber, folate, and vitamin C to enhance any meal.

Our Products come in the following varieties:

- IQF Cauliflower (40-20 mm).
- IQF Cauliflower (60-40 mm).

PRODUCTION SEASON

DECEMBER - MARCH

NUTRITION FACTS

PER 100g SERVING

CALORIES	9 KCAL
FAT	0.3G
CARBOHYDRATE	4G
FIBER	1G
PROTEIN	3G
SODIUM	18 MG
VITAMIN C	21 MG
IRON	0.4 MG



IQF

CAPCHO LETTUCE

PACKS
SIZES



Enjoy the fresh flavor and crisp texture of premium Capcho lettuce from the Nile Delta in Egypt.

Our fresh variety preserves its natural freshness and vibrant color, making it easy to use in a wide range of dishes. Simply add it to salads, sandwiches, wraps, or side dishes.

Ideal for healthy meals, Capcho lettuce is rich in vitamins, minerals, and antioxidants, providing fiber, folate, and vitamin A to support a balanced diet and enhance any meal.

PRODUCTION SEASON

DECEMBER - MARCH

NUTRITION FACTS PER 100 SERVING

CALORIES	6 KCAL
FAT	0.0G
CARBOHYDRATE	3G
FIBER	1.3G
PROTEIN	1.2G
CALCIUM	30MG
VITAMIN C	8 MG
IRON	0.6MG



IQF

OKRA

PACKS
SIZES

Our flash-frozen Okra keeps its tender texture and sweet taste, making it a versatile ingredient for various Middle Eastern and international dishes.

It requires no washing or preparation just thaw and add to soups, stews, or rice dishes for extra color, flavor, and nutrition. Its consistent size is great for roasting, sauting, or grilling.

Packed with vitamins, minerals, and antioxidants, our frozen Egyptian Okra is tasty and a good source of fiber, folate, and vitamin C, enhancing the plant-based goodness in meals.

OUR PRODUCTS COME IN THE FOLLOWING VARIETIES:

- Fine Extra: Diameter up to 2.5 cm
- Zero: Diameter: Diameter is between 2.5 and 3.5 cm
- Excellent: Diameter is between 3.5 and 4.5
- Lady Finger: Diameter is between 4.5 and 5.5 cm
- Turkish Okra: All Sizes (4.5-0 cm), (7.4.5 cm) and (9.7 cm)

PRODUCTION SEASON

MAY - SEPTEMBER

NUTRITION FACTS PER 100G SERVING

CALORIES	30 KCAL
FAT	0.2G
CARBOHYDRATE	6G
FIBER	2G
PROTEIN	2G
SODIUM	31MG
VITAMIN C	19 MG
VITAMIN A	305 IU
CALCIUM	74 MG
IRON	1 MG
SUGARS	0 MG



IQF GREEN BEANS

PACKS
SIZES



Elevate your cooking with our premium frozen green beans from the Nile Delta in Egypt. Selected at peak ripeness, these tender beans keep essential nutrients and fresh flavor. They require no washing or prep; just thaw and add to various dishes. Rich in vitamins, minerals, and antioxidants, they are a great source of fiber folate, and vitamin C for a healthier diet.

OUR PRODUCTS COME IN THE FOLLOWING TYPES:

IQF Whole Green Beans (Diameter: 12.8 cm)

IQF Cut Green Beans (Diameter: 40-20 mm)

PRODUCTION SEASON

OCTOBER - NOVEMBER

NUTRITION FACTS

PER 100G SERVING	
CALORIES	38 KCAL
FAT	0.2G
CARBOHYDRATE	6G
FIBER	3G
PROTEIN	3G
SODIUM	1 MG
VITAMIN C	4 MG
CALCIUM	40 MG



IQF

GREEN BEAS

PACKS
SIZES

This versatile legume is a kitchen staple, and our flash-frozen variety adds authentic Middle Eastern flavors to your cooking year-round.

Simply thaw our frozen Egyptian green peas to use in soups, stews, risottos, and more for added color, flavor, and nutrition. They are packed with vitamins, minerals, protein, fiber, and vitamin C.

OUR PRODUCTS COME IN THE FOLLOWING VARIETIES:

- Plain Green Peas.
- Peas with carrots.
- Mixed Vegetables (Green Peas, Carrots, and Green Beans).
- Mixed Vegetables (Green Peas, Carrots, and Sweet Corn).

PRODUCTION SEASON

DECEMBER - MAY



NUTRITION FACTS

PER 100G SERVING

CALORIES	78 KCAL
FAT	0.3G
CARBOHYDRATE	14G
FIBER	4G
PROTEIN	5G
SODIUM	12 MG
VITAMIN C	10 MG
CALCIUM	24 MG
IRON	2 MG



IQF BROAD BEANS

PACKS
SIZES



Experience the rich flavor and health benefits of Egypt's finest broad beans with our premium frozen variety. Cultivated in the Nile Delta, these legumes are a staple in Middle Eastern cuisine, ready for year-round enjoyment.

Flash-frozen to retain vitamins and color, they require no peeling, offering convenience for all cooks.

Use them in traditional dishes or new recipes. Rich in protein and fiber, they enhance your meals. Bring authentic Nile Volley tastes to your kitchen with this easy-to-use frozen product.

MANUFACTURING IS CARRIED OUT IN TWO METHODS:

- Peeled
- Unpeeled

PRODUCTION SEASON

JANUARY - MARCH

NUTRITION FACTS PER 100G SERVING	
CALORIES	44 KCAL
FAT	0.04G
CARBOHYDRATE	8G
FIBER	4.5G
PROTEIN	6G
SODIUM	30 MG
VITAMIN C	40.1 MG
SUGAR	0.0 MG
CALCIUM	47 MG
IRON	2.8 MG



IQF

MOLOKHIA

PACKS
SIZES



Also known as Molokhia or Egyptian spinach, this ingredient is key in Middle Eastern cooking, and our frozen variety allows for year-round enjoyment.

Our frozen product needs no washing, chopping, or long cooking. Just thaw and add it to soups, stews, and rice for added flavor and nutrition. It is rich in vitamins, minerals, and antioxidants, making meals healthier.

OUR PRODUCTS COME IN THE FOLLOWING VARIETIES:

- Whole Leaves
- Minced Leaves

PRODUCTION SEASON

MAY - OCTOBER

NUTRITION FACTS	
PER 100g SERVING	
CALORIES	66 KCAL
FAT	1g
CARBOHYDRATE	11g
FIBER	2g
PROTEIN	4g
SODIUM	171mg
CALCIUM	276mg
IRON	6mg



IQF

SPINACH

PACKS
SIZES

Our flash-frozen spinach captures the vegetable's natural sweetness and texture, making it easy to use in many dishes. It requires no prep, just thaw and add to soups, stews, and more.

It's full of vitamins, minerals, and antioxidants, making it a great source of nutrients for healthy meals.

OUR PRODUCTS COME IN THE FOLLOWING VARIETIES:

-Minced Leaves.

PRODUCTION SEASON

AUGUST - NOVEMBER

NUTRITION FACTS

PER 100g SERVING

CALORIES	34 KCAL
FAT	1g
CARBOHYDRATE	3g
FIBER	4g
PROTEIN	4g
SODIUM	97 MG
VITAMIN C	2 MG
VITAMIN A	1006 IU
CALCIUM	101 MG
IRON	2 MG



IQF SWEET CORN

PACKS
SIZES



Our flash-frozen sweet corn retains the vegetable's natural goodness, making it a simple and practical ingredient for many dishes. It needs no preparation; just thaw and use in soups, stews, and more. It's nutritious, rich in vitamins, minerals, and fiber, enhancing your family meals.

OUR PRODUCTS COME IN THE FOLLOWING VARIETIES:

- Sweet Corn (Kernel).
- Sweet Corn (On Cob).

PRODUCTION SEASON JULY - AUGUST

NUTRITION FACTS PER 100G SERVING	
CALORIES	95 KCAL
FAT	1%
CARBOHYDRATE	24%
FIBER	3%
PROTEIN	3%
SODIUM	1 MG
VITAMIN C	7 MG
VITAMIN A	244 IU
CALCIUM	4 MG
SUGARS	12 G



IQF

ONION

PACKS
SIZES

Our flash-frozen variety preserves the vegetable's natural goodness, making it a handy ingredient for many Middle Eastern and international dishes.

These frozen onions require no peeling or chopping just thaw and add to soups, stews, and saut for added flavor and nutrition. They are full of vitamins, minerals, and antioxidants, making them a healthy option for meals.

PRODUCTION SEASON

OCTOBER - DECEMBER

NUTRITION FACTS
PER 100g SERVING

CALORIES	36 KCAL
FAT	0G
CARBOHYDRATE	8G
FIBER	1G
PROTEIN	1G
SODIUM	244 MG
VITAMIN C	1 MG
VITAMIN A	2 IU
CALCIUM	27 MG
IRON	0.5 MG



IQF POTATOES

PACKS
SIZES



Our flash-frozen Potatoes preserve their natural flavor, firm texture, and nutritional value, making them a versatile ingredient for many international dishes.

These frozen potatoes require no peeling, cutting, or pre-cooking — simply thaw or cook directly and add to soups, stews, casseroles, or sautéed dishes for consistent quality and great taste.

They are a good source of carbohydrates, potassium, and essential nutrients, making them a reliable and satisfying option for a wide range of meals.

PRODUCTION SEASON JANUARY – APRIL

NUTRITION FACTS PER 100g SERVING

CALORIES	77 kcal
FAT	8.1g
CARBOHYDRATE	8g
FIBER	0.8g
PROTEIN	2.0g
SODIUM	6.9mg
VITAMIN C	18.7 mg
VITAMIN A	0 IU
CALCIUM	12 mg
IRON	0.5 mg



IQF**RED
JALAPENO PEPPER****PACKS
SIZES**

Our flash-frozen Red Jalapeño Peppers preserve their natural color, heat, and rich flavor, making them a versatile ingredient for many Middle Eastern and international cuisines.

These frozen peppers require no cleaning, seeding, or chopping — simply thaw and add to sauces, soups, marinades, stir-fries, or grilled dishes for a bold kick of heat and flavor.

They are rich in vitamins A and C, along with natural antioxidants, making them a healthy and flavorful addition to a wide variety of meals.

PRODUCTION SEASON
OCTOBER - DECEMBER**NUTRITION FACTS**
PER 100G SERVING

CALORIES	29 KCAL
FAT	0.6G
CARBOHYDRATE	6.5G
FIBER	2.8G
PROTEIN	1G
SODIUM	244 MG
VITAMIN C	181 MG
VITAMIN A	21 IU
CALCIUM	12 MG
IRON	0.31 MG



IQF

GREEN JALAPENO PEPPER

PACKS
SIZES



Our flash-frozen Green Jalapeño Peppers preserve their fresh green color, crisp texture, and distinctive mild-to-medium heat, making them an ideal ingredient for many Middle Eastern and international cuisines.

These frozen peppers require no cleaning, seeding, or chopping — simply thaw and add to sauces, soups, stews, salsas, or sautéed dishes for a fresh, spicy flavor.

They are rich in vitamins A and C, along with natural antioxidants, making them a healthy and flavorful choice for a wide range of meals.

PRODUCTION SEASON

JULY – SEPTEMBER

NUTRITION FACTS

PER 100g SERVING

CALORIES	29 KCAL
FAT	0.4G
CARBOHYDRATE	6.5G
FIBER	1G
PROTEIN	0.9G
SODIUM	244 MG
VITAMIN C	118 MG
VITAMIN A	(24%)
CALCIUM	12 MG
IRON	0.57 MG



IQF CHERRY PEPPER

PACKS
SIZES



Our flash-frozen Cherry Peppers preserve their bright red color, firm texture, and distinctive sweet-to-mild spicy flavor, making them a versatile ingredient for many Middle Eastern and international dishes.

These frozen peppers require no cleaning, seeding, or chopping — simply thaw and add to salads, sauces, pizzas, sandwiches, or sautéed dishes for a pop of flavor and color.

They are rich in vitamins A and C, along with natural antioxidants, making them a nutritious and flavorful addition to a wide variety of meals.

PRODUCTION SEASON

JULY – SEPTEMBER

NUTRITION FACTS

PER 100 GRAMS

CALORIES	81 KCAL
FAT	8G
CARBOHYDRATE	8G
FIBER	2G
PROTEIN	1G
SODIUM	4 MG
VITAMIN C	100 MG
VITAMIN A	580 IU
CALCIUM	81 MG
IRON	0.4 MG



IQF

COLORED PEPPER

PACKS
SIZES



Our flash-frozen Colored Peppers preserve their vibrant natural colors, crisp texture, and sweet flavor, making them a perfect ingredient for many Middle Eastern and international dishes.

These frozen peppers require no cleaning, seeding, or chopping — simply thaw and add to salads, stir-fries, sauces, pizzas, or grilled dishes for enhanced flavor, color, and nutrition.

They are rich in vitamins A and C, along with natural antioxidants, making them a healthy and colorful addition to a wide variety of meals.

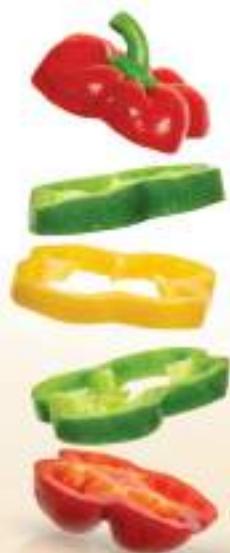
PRODUCTION SEASON

DECEMBER – APRIL

NUTRITION FACTS

PER 100 G SERVING

CALORIES	31 KCAL
FAT	0.3G
CARBOHYDRATE	6.0G
FIBER	2.1G
PROTEIN	1G
SODIUM	2.1MG
VITAMIN C	127 MG
VITAMIN A	157 IU
CALCIUM	0.1MG
IRON	0.4MG



IQF

CARROT

PACKS
SIZES

Our flash-frozen Carrots preserve their natural sweetness, bright color, and essential nutrients, making them a versatile ingredient for many international dishes.

These frozen carrots require no peeling or chopping — simply thaw and add to soups, stews, stir-fries, or side dishes for enhanced flavor and nutrition.

They are rich in vitamins A and C, along with dietary fiber and natural antioxidants, making them a healthy and nutritious choice for a wide range of meals.

PRODUCTION SEASON
DECEMBER – MAY

NUTRITION FACTS
PER 100g SERVING

CALORIES	41KCAL
FAT	0G
CARBOHYDRATE	10G
FIBER	2.8G
PROTEIN	0.9G
SODIUM	244 MG
VITAMIN C	3.8 MG
VITAMIN A	830 MU
CALCIUM	33 MG
IRON	0.5 MG



IQF

MIXED VEGETABLES

PACKS
SIZES



Our flash-frozen Mixed Vegetables — peas, green beans, carrots, and corn preserve their natural color, texture, and nutritional value, making them a convenient and versatile ingredient for many Middle Eastern and international dishes.

These frozen vegetables require no cleaning or chopping - simply thaw and add to soups, stews, rice dishes, casseroles, or sautéed meals for balanced flavor, color, and nutrition.

They are rich in essential vitamins, minerals, and natural antioxidants, making them a healthy and practical choice for everyday cooking and food service use.

NUTRITION FACTS

PER 100 G SERVING

CALORIES	95 KCAL
FAT	0.5G
CARBOHYDRATE	10G
FIBER	4G
PROTEIN	3G
SODIUM	1 MG
VITAMIN C	15 MG
VITAMIN A	400 IU
CALCIUM	20 MG
IRON	1 MG



IQF SWEET POTATO

PACKS
SIZES



Enjoy the naturally sweet flavor and rich texture of premium sweet potatoes from the Nile Delta in Egypt.

Our frozen variety preserves its natural taste and smooth consistency, making it easy to use in a wide range of dishes. Simply thaw and add it to soups, casseroles, roasted dishes, or enjoy it as fries or mashed.

Ideal for both savory and sweet recipes, sweet potatoes are rich in vitamins, minerals, and antioxidants, providing fiber, vitamin A, and vitamin C to support a healthy and balanced diet.

PRODUCTION SEASON
AUGUST – NOVEMBER

NUTRITION FACTS

PER 100G SERVING

CALORIES	86 KCAL
FAT	0.1G
CARBOHYDRATE	23.1G
FIBER	3.0G
PROTEIN	1.6G
SODIUM	8 MG
VITAMIN C	2.4 MG
VITAMIN A	759 IU
CALCIUM	26 MG
IRON	0.8 MG



IQF ADALIA LEMON

PACKS
SIZES



Enjoy the fresh flavor and zesty aroma of premium Adalia lemons from the Nile Delta in Egypt.

Our frozen variety preserves its natural juiciness and vibrant taste, making it easy to use in a wide range of dishes. Simply thaw and add it to beverages, desserts, marinades, seafood, or sauces.

Ideal for enhancing flavor, Adalia lemons are rich in vitamins, minerals, and antioxidants, providing vitamin C and natural compounds that support immunity and overall health.

PRODUCTION SEASON

DECEMBER – APRIL

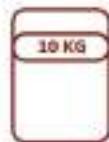
NUTRITION FACTS PER 100G SERVING

CALORIES	29 KCAL
FAT	0.3G
CARBOHYDRATE	9.9G
FIBER	2.8G
PROTEIN	1.1G
SODIUM	8 MG
VITAMIN C	53 MG
VITAMIN A	1 MG
CALCIUM	26 MG
IRON	0.8 MG



IQF STRAWBERRY

PACKS
SIZES



Our flash-frozen strawberries preserve the fruit's natural sweetness and texture, making them easy to use in desserts, smoothies, and more. They require no washing or slicing: just thaw and add to yogurt parfaits, baked goods, or drinks. These strawberries are rich in vitamins, minerals, and antioxidants, providing a great source of vitamin C, fiber, and manganese.

Our strawberries come in different forms such as:

Whole, Diced, Halves, and Cubes, all processed within our factories with a higher Bix (7+)

Our products come in the following varieties:

Varieties and others: Festival Fortuna, Sensation, others

Calibration: Uncalibrated, Size: (15-25cm), Size: (25.35cm)

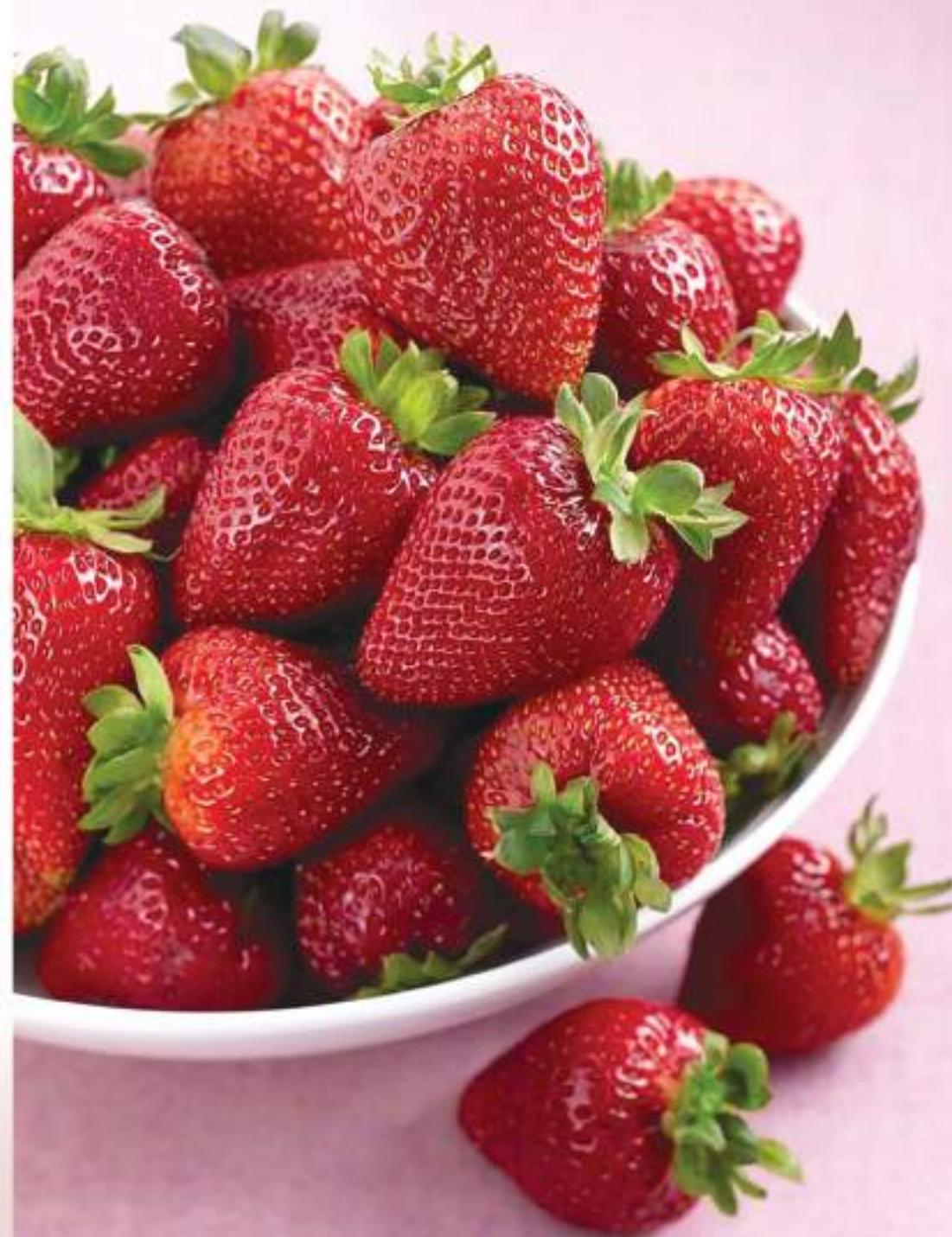
PRODUCTION SEASON

JANUARY - MAY

NUTRITION FACTS

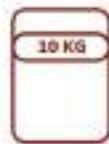
PER 100g SERVING

CALORIES	39 KCAL
FAT	0.3G
CARBOHYDRATE	9G
FIBER	2G
PROTEIN	0.4G
SODIUM	2 MG
VITAMIN C	41 MG
VITAMIN A	40 IU
CALCIUM	16 MG
IRON	1 MG



IQF POMEGRANATE

PACKS
SIZES



Our flash-frozen pomegranate arils preserve the fruit's vibrant ruby color and juicy pop, making them a perfect addition to salads, desserts, and Mediterranean dishes. They require no peeling or seeding; just thaw and enjoy.

These arils are a powerhouse of antioxidants, providing an excellent source of Vitamin C, Vitamin K, and potassium.

Our pomegranate comes with a high Brix level (14+), ensuring a perfect balance of sweetness and tartness in every bite.

Our products come in the following varieties:

Varieties and others: Wonderful, Baladi, Red Angel, and others.

Calibration: Premium Grade Arils (Uniform size).

PRODUCTION SEASON

SEPTEMBER - JANUARY

NUTRITION FACTS

PER 100 G SERVING

CALORIES	88 KCAL
FAT	0.2G
CARBOHYDRATE	19G
FIBER	4G
PROTEIN	1.7G
SODIUM	1 MG
VITAMIN C	102 MG
POTASSIUM	256 MG
CALCIUM	18 MG
IRON	0.3MG



IQF

ORANGE

PACKS
SIZES

Our flash-frozen oranges capture the zesty aroma and refreshing citrus burst of sun-drenched groves. Perfect for juices, zest infusions, fruit salads, or as a garnish for premium desserts.

They are expertly peeled and segmented to save you time and effort. These oranges are a powerhouse of immunity, providing an exceptional source of Vitamin C, flavonoids, and dietary fiber.

Our orange comes in different forms such as:

Segments, Slices, and **Zest** all processed within our factories with a balanced acidity and high Brix (10+) for a refreshing taste.

Our products come in the following varieties:

Varieties and others: Valencia, Navel, Baladi, and others.
Calibration: Whole Segments, Slices (5-7 mm thickness).

PRODUCTION SEASON

DECEMBER- MAY

NUTRITION FACTS

PER 100 G SERVING

CALORIES	47 KCAL
FAT	0.1 G
CARBOHYDRATE	12 G
FIBER	2.4 G
PROTEIN	0.9 G
SODIUM	0.4 MG
VITAMIN C	53.2 MG
VITAMIN A	225 IU
CALCIUM	40 MG
IRON	0.1 MG



IQF

MANGO

PACKS
SIZES

Our flash-frozen mango preserves the fruit's tropical aroma, buttery texture, and sun-ripened sweetness. Perfect for refreshing smoothies, sorbets, and exotic fruit salads. They require no peeling or pitting; just thaw and serve.

These mangoes are a "superfruit" rich in vitamins and minerals, providing an excellent source of Vitamin A, Vitamin C, and folate.

Our mango comes in different forms such as:

Slices, Diced, Chunks, and **Puree** all processed within our factories with a higher Brix (14+) for guaranteed sweetness.

Our products come in the following varieties:

Varieties and others: Alphonso, Kent, Keitt, Naomi, and others.

Calibration: Size (15-20 mm), Size (20-25 mm).

PRODUCTION SEASON

JUNE - OCTOBER

NUTRITION FACTS

PER 100 G SERVING

CALORIES	80 KCAL
FAT	0.28G
CARBOHYDRATE	5G
FIBER	1.6G
PROTEIN	0.6G
SODIUM	1MG
VITAMIN C	35.4 MG
VITAMIN A	1082 U
POTASSIUM	180 MG
IRON	0.78 MG



IQF

APRICOT

PACKS
SIZES

Enjoy the naturally sweet flavor and delicate aroma of premium apricots from the Nile Delta in Egypt.

Our frozen variety preserves its vibrant color, natural juiciness, and tender texture, making it easy to use in a wide range of recipes. Simply thaw and add it to desserts, smoothies, jams, pastries, or fruit salads.

Ideal for both sweet creations and healthy snacks, apricots are rich in vitamins, minerals, and antioxidants, providing fiber, vitamin A, and vitamin C to support overall wellness and enhance any meal.

Our products come in the following varieties:

IQF Apricot (Whole).

IQF Apricot (Halves).

IQF Apricot (Diced).

PRODUCTION SEASON

MAY – JULY

NUTRITION FACTS

PER 100 G SERVING

CALORIES	48 KCAL
FAT	0.4 G
CARBOHYDRATE	11 G
FIBER	2 G
PROTEIN	1.4 G
CALCIUM	11 MG
VITAMIN C	18 MG
VITAMIN A	90 IU
POTASSIUM	180 MG
IRON	0.4 MG



IQF

GUAVA

PACKS
SIZES

Enjoy the tropical sweetness and refreshing aroma of premium guava from the Nile Delta in Egypt.

Our frozen variety preserves its natural flavor, vibrant color, and smooth texture, making it easy to use in a wide range of recipes. Simply thaw and add it to juices, smoothies, desserts, jams, or fruit salads.

Ideal for healthy and refreshing creations, guava is rich in vitamins, minerals, and antioxidants, providing fiber and high levels of vitamin C to support immunity and overall wellness.

Our products come in the following varieties:

IQF Guava (Whole).

IQF Guava (Halves).

IQF Guava (Diced).

PRODUCTION SEASON

JULY – NOVEMBER

NUTRITION FACTS

PER 100 G SERVING

CALORIES	88 KCAL
FAT	1.0 G
CARBOHYDRATE	16.33 G
FIBER	5.40 G
PROTEIN	2.66 G
CALCIUM	8.86 MG
VITAMIN C	228.54 MG
VITAMIN A	31.01 IU
POTASSIUM	417.84 MG
IRON	0.14 MG





-EZZ-
TRADING COMPANY

بصلة مجمدة
FROZEN PEAS



400 G



-EZZ-
TRADING COMPANY

FRASES CONGEELES



1 KG



CUBES DE MANGUE CONGEELES



1 KG



1 KG



1 KG





EXPORT



EZZ EXPORT succeeded in exporting its quality products around the world in a short time, including to *Italy, Spain, Russia, Germany, and Poland.*

EZZ EXPORT can also do private label packing, or provide packages in various sizes to meet specific requirements. Our company would be delighted at all time to comply with any inquiries.