



WE PROVIDE
HIGH-QUALITY
ORGANIC
PRODUCTS



<https://igms.life/snowra>



ABOUT US

Delivering Nature's Best Frozen to Perfection



At **Snowra**, we bring the essence of nature to your business, frozen at peak freshness for year-round availability. Our fruits and vegetables are grown in trusted farms, carefully selected, and frozen at the ideal moment to lock in natural taste, texture, and nutrients. We are committed to quality and freshness, proudly serving wholesalers, retailers, and food service providers around the world.

FACTORY TOUR



Where Innovation Meets Food Safety

Our facility features world-class production lines, advanced automation, and strictly controlled hygiene zones. With the latest European freezing technology, every section from raw material intake to final dispatch, is designed to ensure seamless operations, uncompromising safety, and premium product quality.





PREPARATION

**Fresh From the Field,
Ready for Freezing**

We start with handpicked, freshly harvested produce. Each item is washed, peeled, trimmed, and cut in hygienic conditions to prepare it for optimal freezing.



PROCESSING

**Gentle Handling,
Superior Quality**

Our high-speed lines process each product gently and efficiently. From blanching and cooling to precision cutting, we use stainless-steel equipment to protect natural texture, flavor, and safety.

QUALITY CONTROL

Certified Excellence, Guaranteed Trust

Our dedicated quality control team monitors each production phase with rigorous testing. Every batch is sampled, documented, and certified, guaranteeing compliance with HACCP, ISO, and global standards ensuring consistency, safety, and reliability you can trust.



INSPECTION

Only the Finest Reach Your Table

Before freezing, all products undergo manual and optical inspection. We eliminate any damaged or foreign material to ensure a clean, uniform, and top-grade final product.





PACKAGING

Smart, Flexible, and Market-Ready

We provide packaging for retail, food service, and bulk supply. From consumer-ready packs to large food-service cartons, Snowra offers tailored solutions for every need. All materials are food-grade and designed for long-term frozen storage. Each pack is securely sealed, clearly labeled, and fully traceable.

FREEZING TUNNEL

IQF Technology, Freshness Locked in Seconds

Our Individual Quick Freezing (IQF) systems preserve freshness in just minutes. This method maintains natural color, texture, and nutrition without compromising quality.



COLD STORAGE

Frozen Fresh, Delivered With Confidence

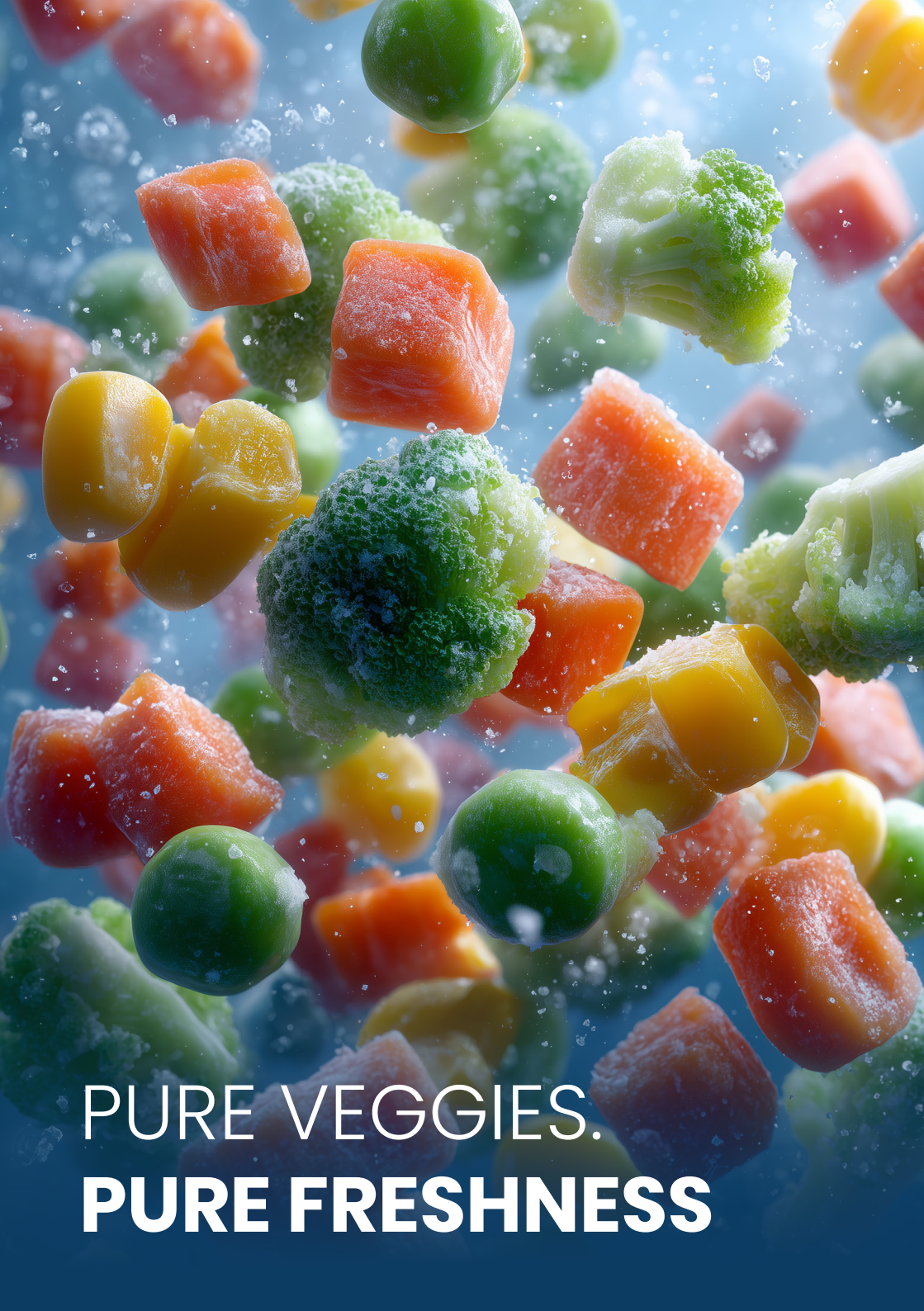
Our finished products are stored at a consistent -18°C or below. With separate chambers and real-time inventory control, we guarantee safe, stable conditions until delivery. With Snowra, freshness isn't only preserved in the field, it's safeguarded every step of the way until it reaches your hands.





A collection of frozen fruit pieces, including strawberries, kiwi, pineapple, and blueberries, suspended in a blue liquid with bubbles.

REAL FRUIT.
REAL FRESHNESS

A collection of frozen vegetable pieces, including broccoli, carrots, corn, and peas, suspended in a blue liquid with bubbles.

PURE VEGGIES.
PURE FRESHNESS

CAULIFLOWER

Description:

White, tender cauliflower florets frozen to preserve freshness and nutrients. Ideal for roasting, soups, casseroles, or mashing.



Nutrition (per 100g)

- Calories: 89 kcal
- Protein: 5.3 g
- Carbohydrates: 17 g
- Sugars: 1.5 g
- Fat: 0.03 g
- Fiber: 5.2 g
- Sodium: 7 mg
- Calcium: 21 mg
- Iron: 0.7 mg
- Vitamin C: 0.7 mg

FEATURES:

- ✓ Retains fresh white color
- ✓ Low in calories, high in fiber
- ✓ Rich in vitamin C
- ✓ Maintains firm texture

STORAGE & PACKING:

Keep frozen at -18°C. Do not refreeze after thawing.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g
(customizable)

CUT GREEN BEANS

Description:

Crisp, tender green beans cut for convenience and frozen at peak freshness. A versatile ingredient for stir-fries, soups, and side dishes.



Nutrition (per 100g)

- Calories: 34 kcal
- Protein: 1.9 g
- Carbohydrates: 4.4 g
- Sugars: 1.6 g
- Fat: 0.22 g
- Fiber: 3.4 g
- Sodium: 55 mg
- Calcium: 33 mg
- Iron: 0.6 mg
- Vitamin C: 3 mg

FEATURES:

- ✓ Hand-picked and freshly frozen
- ✓ Excellent source of fiber
- ✓ Naturally low in fat
- ✓ Convenient and ready to cook

STORAGE & PACKING:

Keep frozen at -18°C. Do not refreeze after thawing.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g
(customizable)

GREEN PEAS

Description:

Garden-fresh green peas frozen within hours of harvest. Naturally sweet and tender, perfect for soups, rice dishes, or side servings.



Nutrition (per 100g)

- Calories: 78 kcal
- Protein: 5.2 g
- Carbohydrates: 14.3 g
- Sugars: 4.4 g
- Fat: 0.27 g
- Fiber: 4.5 g
- Sodium: 108 mg
- Calcium: 22 mg
- Iron: 1.5 mg
- Vitamin C: 18 mg

FEATURES:

- ✓ Naturally sweet flavor
- ✓ Rich in vitamins B & C
- ✓ Keeps vibrant green color
- ✓ 100% pure, no preservatives

STORAGE & PACKING:

Keep frozen at -18°C. Do not refreeze after thawing.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g (customizable)

MIXED VEGETABLES

(2 WAYS – PEAS & CARROTS)

Description:

A classic mix of sweet green peas and tender diced carrots. Perfect for rice dishes, soups, and healthy sides.



Nutrition (per 100g)

- Calories: 60 kcal
- Protein: 3.5 g
- Carbohydrates: 11 g
- Sugars: 4 g
- Fat: 0.3 g
- Fiber: 3.5 g
- Sodium: 30 mg
- Calcium: 25 mg
- Iron: 0.7 mg
- Vitamin C: 15 mg

FEATURES:

- ✓ Traditional vegetable pairing
- ✓ Great taste and color balance
- ✓ Convenient, ready-to-use blend
- ✓ Preserved freshness

STORAGE & PACKING:

Keep frozen at -18°C. Do not refreeze after thawing.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g (customizable)

MIXED VEGETABLES

(3 WAYS – PEAS, CARROTS, GREEN BEANS)

Description:

A colorful trio of peas, carrots, and green beans. Ideal for casseroles, stir-fries, and hearty soups.



Nutrition (per 100g)

- Calories: 62 kcal
- Protein: 3.8 g
- Carbohydrates: 11.7 g
- Sugars: 4.1 g
- Fat: 0.35 g
- Fiber: 3.6 g
- Sodium: 32 mg
- Calcium: 26 mg
- Iron: 0.8 mg
- Vitamin C: 16 mg

FEATURES:

- ✓ Three-in-one convenience
- ✓ Balanced flavor and nutrition
- ✓ Naturally colorful
- ✓ Quick to prepare

STORAGE & PACKING:

Keep frozen at -18°C. Do not refreeze after thawing.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g
(customizable)

MIXED VEGETABLES

(4 WAYS – PEAS, CARROTS, GREEN BEANS, POTATOES)

Description:

A wholesome mix of four everyday vegetables: peas, carrots, green beans, and potatoes. Great for quick meals, soups, and stews.



Nutrition (per 100g)

- Calories: 64 kcal
- Protein: 4.1 g
- Carbohydrates: 12.2 g
- Sugars: 4.2 g
- Fat: 0.4 g
- Fiber: 3.7 g
- Sodium: 34 mg
- Calcium: 27 mg
- Iron: 0.8 mg
- Vitamin C: 17 mg

FEATURES:

- ✓ Rich flavor and texture variety
- ✓ Excellent for meal prepping
- ✓ Versatile for sides, soups, and stews
- ✓ No preservatives

STORAGE & PACKING:

Keep frozen at -18°C. Do not refreeze after thawing.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g
(customizable)

OKRA ZERO

Description:

Premium, tender okra pods with minimal seeds, perfect for traditional Egyptian stews and other authentic dishes.



Nutrition (per 100g)

- Calories: 33 kcal
- Protein: 2 g
- Carbohydrates: 7 g
- Sugars: 1.5 g
- Fat: 0.2 g
- Fiber: 3.2 g
- Sodium: 7 mg
- Calcium: 81 mg
- Iron: 0.6 mg
- Vitamin C: 23 mg

FEATURES:

- ✓ Young, nearly seedless pods
- ✓ Soft texture after cooking
- ✓ Rich in calcium and vitamin C
- ✓ Ready to use from frozen

STORAGE & PACKING:

Keep frozen at -18°C. Do not refreeze after thawing.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g (customizable)

FRENCH FRIES

Description:

Golden, crispy potato fries cut to perfection and ready to fry straight from frozen. A universal favorite for any meal.



Nutrition (per 100g)

- Calories: 164 kcal
- Protein: 1.9 g
- Carbohydrates: 24.4 g
- Sugars: 0.3 g
- Fat: 6.3 g
- Fiber: 2.9 g
- Sodium: 210 mg
- Potassium: 520 mg

FEATURES:

- ✓ Crispy outside, fluffy inside
- ✓ Quick fry from frozen
- ✓ Made from premium potatoes
- ✓ Ideal for foodservice and home use

STORAGE & PACKING:

Keep frozen at -18°C. Do not refreeze after thawing.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g (customizable)

CHOPPED MOLOKHIA

Description:

Finely chopped Egyptian molokhia leaves, treasured for their authentic taste and high nutritional value. A traditional base for soups and classic stews.



Nutrition (per 100g)

- Calories: 45 kcal
- Protein: 2.8 g
- Carbohydrates: 7.3 g
- Sugars: 0.5 g
- Fat: 0.7 g
- Fiber: 3 g
- Sodium: 68 mg
- Calcium: 215 mg
- Iron: 1.8 mg

FEATURES:

- ✓ Authentic Egyptian flavor
- ✓ Naturally rich in calcium and iron
- ✓ Smooth, velvety texture when cooked
- ✓ Perfect for molokhia dishes

STORAGE & PACKING:

Keep frozen at -18°C. Do not refreeze after thawing.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g
(customizable)

SPINACH

Description:

Tender spinach leaves, washed, trimmed, and frozen quickly to retain natural green color and nutrients. Ideal for soups, pies, smoothies, and sautés.



Nutrition (per 100g)

- Calories: 23 kcal
- Protein: 2.9 g
- Carbohydrates: 3.6 g
- Sugars: 0.4 g
- Fat: 0.4 g
- Fiber: 2.2 g
- Sodium: 79 mg
- Calcium: 99 mg
- Iron: 2.7 mg

FEATURES:

- ✓ High in iron & vitamin K
- ✓ Retains fresh green color
- ✓ Convenient, ready-to-use leaves
- ✓ Preserves authentic flavor

STORAGE & PACKING:

Keep frozen at -18°C. Do not refreeze after thawing.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g
(customizable)

STRAWBERRY

Description:

Hand-picked, ripe strawberries frozen at peak freshness to lock in natural flavor and nutrients. Perfect for smoothies, desserts, pastries, or baking.



Nutrition (per 100g)

- Calories: 32 kcal
- Protein: 0.7 g
- Carbohydrates: 7.7 g
- Sugars: 4.9 g
- Fat: 0.3 g
- Fiber: 2 g
- Sodium: 1 mg
- Calcium: 16 mg
- Iron: 0.4 mg

FEATURES:

- ✓ Naturally sweet & juicy
- ✓ Retains vibrant red color after freezing
- ✓ 100% pure, no additives
- ✓ Ideal for beverages, toppings, and pastries

STORAGE & PACKING:

Keep frozen at -18°C or below. Once thawed, do not refreeze.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g
(customizable)

BROCCOLI

Description:

Freshly harvested broccoli florets, frozen immediately to preserve their bright green color, crisp texture, and natural nutrients. Great for steaming, stir-fry, soups, or casseroles.



Nutrition (per 100g)

- Calories: 34 kcal
- Protein: 2.8 g
- Carbohydrates: 6.6 g
- Sugars: 1.7 g
- Fat: 0.4 g
- Fiber: 2.6 g
- Sodium: 33 mg
- Calcium: 47 mg
- Iron: 0.7 mg

FEATURES:

- ✓ Retains natural crunch and flavor
- ✓ Rich in vitamins C & K
- ✓ High in fiber, low in calories
- ✓ 100% natural, no preservatives

STORAGE & PACKING:

Keep frozen at -18°C. Do not refreeze after thawing.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g
(customizable)

GUAVA

Description:

Tropical guava slices frozen at peak ripeness to preserve natural flavor and aroma. Ideal for juices, smoothies, and desserts.



Nutrition (per 100g)

- Calories: 68 kcal
- Protein: 2.6 g
- Carbohydrates: 14.3 g
- Sugars: 8.92 g
- Fat: 0.95 g
- Fiber: 5.4 g
- Sodium: 2 mg
- Calcium: 18 mg
- Iron: 0.26 mg

FEATURES:

- ✓ Naturally high in fiber and vitamin C
- ✓ Sweet tropical taste
- ✓ Perfect for beverages and sweet recipes
- ✓ No added sugar or preservatives

STORAGE & PACKING:

Keep frozen at -18°C. Do not refreeze after thawing.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g (customizable)

MANGO

Description:

Ripe, golden mango chunks frozen at peak sweetness. Perfect for smoothies, desserts, sauces, or tropical dishes.



Nutrition (per 100g)

- Calories: 60 kcal
- Protein: 0.8 g
- Carbohydrates: 15 g
- Sugars: 13.7 g
- Fat: 0.38 g
- Fiber: 1.6 g
- Sodium: 1 mg
- Calcium: 11 mg
- Iron: 0.13 mg

FEATURES:

- ✓ Sweet, tropical flavor
- ✓ Rich in vitamin A & C
- ✓ Smooth texture after thawing
- ✓ 100% pure fruit, no added sugar

STORAGE & PACKING:

Keep frozen at -18°C. Do not refreeze after thawing.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g (customizable)

POMEGRANATE

Description:

Juicy, ruby-red pomegranate arils frozen fresh to retain their crunch, flavor, and antioxidant power. A vibrant addition to salads, desserts, and smoothies.



Nutrition (per 100g)

- Calories: 83 kcal
- Protein: 1.7 g
- Carbohydrates: 18.7 g
- Sugars: 13.7 g
- Fat: 1.2 g
- Fiber: 4 g
- Sodium: 3 mg
- Calcium: 10 mg
- Iron: 0.3 mg

FEATURES:

- ✓ Packed with antioxidants
- ✓ Retains natural color and crunch
- ✓ Ideal for cold dishes, toppings, and sweets
- ✓ 100% pure, no additives

STORAGE & PACKING:

Keep frozen at -18°C. Do not refreeze after thawing.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g
(customizable)

CARROT SLICES

Description:

Sweet, crisp carrot slices frozen at peak freshness. Perfect for soups, stews, and everyday side dishes.



Nutrition (per 100g)

- Calories: 41 kcal
- Protein: 0.93 g
- Carbohydrates: 9.58 g
- Sugars: 4.74 g
- Fat: 0.24 g
- Fiber: 2.8 g
- Sodium: 69 mg
- Calcium: 33 mg

FEATURES:

- ✓ Pre-sliced and ready to cook
- ✓ Naturally sweet and colorful
- ✓ Holds texture and nutrients after cooking
- ✓ Convenient for meal prep

STORAGE & PACKING:

Keep frozen at -18°C. Do not refreeze after thawing.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g
(customizable)

TARO CUBES

Description:

Fresh taro root cubed and frozen to preserve taste and firmness. A staple ingredient for hearty soups and stews.



Nutrition (per 100g)

- Calories: 142 kcal
- Protein: 0.52 g
- Carbohydrates: 34.6 g
- Sugars: 0 g
- Fat: 0.1 g
- Fiber: 5.1 g
- Sodium: 11 mg
- Calcium: 43 mg

FEATURES:

- ✓ High in dietary fiber
- ✓ Earthy flavor with tender texture
- ✓ Traditional cooking essential
- ✓ Convenient cube cut, ready to cook

STORAGE & PACKING:

Keep frozen at -18°C. Do not refreeze after thawing.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g (customizable)

ZUCCHINI SLICES

Description:

Fresh zucchini slices frozen to lock in delicate flavor and texture. A versatile choice for light cooking, sautés, or casseroles.



Nutrition (per 100g)

- Calories: 17 kcal
- Protein: 1.21 g
- Carbohydrates: 3.11 g
- Sugars: 2.41 g
- Fat: 0.32 g
- Fiber: 1.1 g
- Sodium: 8 mg
- Calcium: 16 mg

FEATURES:

- ✓ Low in calories, high in hydration
- ✓ Mild, delicate flavor
- ✓ Ideal for light meals and healthy dishes
- ✓ 100% natural zucchini

STORAGE & PACKING:

Keep frozen at -18°C. Do not refreeze after thawing.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g (customizable)

ONIONS (CHOPPED OR SLICED)

Description:

Conveniently chopped or sliced onions frozen to save time and effort. Perfect for soups, sauces, sautés, and stews without the tears.



Nutrition (per 100g)

- Calories: 40 kcal
- Protein: 1.1 g
- Carbohydrates: 9.34 g
- Sugars: 4.24 g
- Fat: 0.1 g
- Fiber: 1.7 g
- Sodium: 4 mg

FEATURES:

- ✓ Pre-cut for quick prep
- ✓ Fresh, bold onion flavor
- ✓ Essential base for countless dishes
- ✓ No more tears when cooking

STORAGE & PACKING:

Keep frozen at -18°C . Do not refreeze after thawing.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g (customizable)

EGGPLANT (CUBED)

Description:

Freshly cut eggplant cubes, frozen at peak freshness to preserve flavor and texture. Perfect for moussaka, stir-fries, and oven-baked dishes.



Nutrition (per 100g)

- Calories: 41 kcal
- Protein: 0.93 g
- Carbohydrates: 9.58 g
- Sugars: 4.74 g
- Fat: 0.24 g
- Fiber: 2.8 g
- Sodium: 69 mg
- Calcium: 33 mg

FEATURES:

- ✓ Mild flavor with creamy texture when cooked
- ✓ Ideal base for Mediterranean and Middle Eastern recipes
- ✓ Retains shape after cooking
- ✓ 100% natural, no additives

STORAGE & PACKING:

Keep frozen at -18°C . Do not refreeze after thawing.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g (customizable)

ARTICHOKE (HALVES / QUARTERS)

Description:

Premium-quality artichokes, halved or quartered and frozen to lock in their tender texture and distinct flavor. A gourmet choice for stews, salads, and elegant side dishes.



Nutrition (per 100g)

- Calories: 47 kcal
- Protein: 3.27 g
- Carbohydrates: 10.51 g
- Sugars: 1.05 g
- Fat: 0.15 g
- Fiber: 5.4 g
- Sodium: 94 mg

FEATURES:

- ✓ Gourmet vegetable with unique flavor
- ✓ Naturally high in fiber and antioxidants
- ✓ Elegant appearance for premium meals
- ✓ No preservatives or additives

STORAGE & PACKING:

Keep frozen at -18°C. Do not refreeze after thawing.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g (customizable)

FRESH LEAVES (PARSLEY / MINT)

Description:

Fresh parsley and mint leaves, carefully picked and frozen immediately to preserve their bold flavor and natural aroma. Perfect for garnishing, cooking, sauces, and marinades.



Nutrition (per 100g)

- Calories: 36 kcal
- Protein: 3 g
- Carbohydrates: 6.3 g
- Sugars: 0.9 g
- Fat: 0.8 g
- Fiber: 3.3 g
- Sodium: 56 mg

FEATURES:

- ✓ Strong, aromatic herbal flavor
- ✓ Naturally fresh and fragrant
- ✓ Ready to use, washed and sorted
- ✓ Versatile for cooking, teas, and garnishes

STORAGE & PACKING:

Keep frozen at -18°C. Do not refreeze after thawing.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g (customizable)

SWEET CORN

Description:

Golden kernels of sweet corn, harvested at peak ripeness and quickly frozen to lock in natural sweetness and texture. Ideal for salads, soups, rice dishes, and snacks.



Nutrition (per 100g)

- Calories: 86 kcal
- Protein: 3.2 g
- Carbohydrates: 19 g
- Sugars: 6.3 g
- Fat: 1.2 g
- Fiber: 2.7 g
- Sodium: 15 mg

FEATURES:

- ✓ Naturally sweet, juicy, and tender
- ✓ Great source of energy and fiber
- ✓ Retains bright yellow color after cooking
- ✓ 100% pure corn, no additives

STORAGE & PACKING:

Keep frozen at -18°C. Do not refreeze after thawing.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g
(customizable)

BELL PEPPER (COLOR MIX)

Description:

A colorful mix of red, green, and yellow bell pepper strips. Crisp, sweet, and tangy, perfect for stir-fries, pizzas, salads, and more.



Nutrition (per 100g)

- Calories: 26 kcal
- Protein: 0.99 g
- Carbohydrates: 6.03 g
- Sugars: 4.2 g
- Fat: 0.3 g
- Fiber: 2.1 g
- Sodium: 2 mg

FEATURES:

- ✓ Vibrant color variety for visual appeal
- ✓ Rich source of vitamin C and antioxidants
- ✓ Naturally sweet with mild tanginess
- ✓ Excellent for raw or cooked dishes

STORAGE & PACKING:

Keep frozen at -18°C. Do not refreeze after thawing.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g
(customizable)

FALAFEL

Description:

Crispy, golden-brown falafel balls made from chickpeas, fresh herbs, and authentic spices, ready to fry or bake straight from frozen. A true Middle Eastern favorite.



Nutrition (per 100g)

- Calories: 333 kcal
- Protein: 13.3 g
- Carbohydrates: 31.8 g
- Sugars: 1.5 g
- Fat: 17.8 g
- Fiber: 4.9 g
- Sodium: 294 mg

FEATURES:

- ✓ Authentic, traditional recipe
- ✓ High in plant protein and fiber
- ✓ Crunchy exterior, soft and fluffy inside
- ✓ Quick and convenient preparation

STORAGE & PACKING:

Keep frozen at -18°C. Do not refreeze after thawing.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g
(customizable)

GARLIC

Description:

Whole peeled garlic cloves, frozen fresh for convenience. Essential for cooking, seasoning, and marinades, full flavor with zero prep work.



Nutrition (per 100g)

- Calories: 149 kcal
- Protein: 6.36 g
- Carbohydrates: 33.06 g
- Sugars: 1 g
- Fat: 0.5 g
- Fiber: 2.1 g
- Sodium: 17 mg

FEATURES:

- ✓ Peeled, cleaned, and ready to use
- ✓ Bold, aromatic garlic flavor
- ✓ Natural antimicrobial benefits
- ✓ Saves time in meal prep

STORAGE & PACKING:

Keep frozen at -18°C. Do not refreeze after thawing.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g
(customizable)

CHICKPEAS FALAFEL

Description:

Flavorful falafel crafted from chickpeas, onions, garlic, and spices. Protein-rich, plant-based, and perfectly seasoned, easy to cook straight from frozen.



Nutrition (per 100g)

- Calories: 306 kcal
- Protein: 12 g
- Carbohydrates: 31 g
- Sugars: 1.3 g
- Fat: 17 g
- Fiber: 5 g
- Sodium: 270 mg

FEATURES:

- ✓ Traditional Middle Eastern taste
- ✓ Rich in plant protein and fiber
- ✓ Fry, bake, or air-fry with ease
- ✓ 100% natural ingredients, no additives

STORAGE & PACKING:

Keep frozen at -18°C. Do not refreeze after thawing.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g
(customizable)

APRICOT (HALVED)

Description:

Sweet, tangy apricot halves frozen to lock in juiciness, flavor, and natural color. A delightful choice for desserts, smoothies, or baked goods.



Nutrition (per 100g)

- Calories: 48 kcal
- Protein: 1.4 g
- Carbohydrates: 11.1 g
- Sugars: 9.2 g
- Fat: 0.4 g
- Fiber: 2 g
- Sodium: 1 mg

FEATURES:

- ✓ Naturally sweet stone fruit
- ✓ Retains juicy texture and bright color
- ✓ Great for baking and fruit toppings
- ✓ 100% pure apricot, no additives

STORAGE & PACKING:

Keep frozen at -18°C. Do not refreeze after thawing.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g
(customizable)

FIG

Description:

Whole figs frozen at peak ripeness to preserve their honey-like sweetness and soft texture. A wholesome choice for desserts, jams, and nutritious snacking.



Nutrition (per 100g)

- Calories: 74 kcal
- Protein: 0.75 g
- Carbohydrates: 19.18 g
- Sugars: 16.26 g
- Fat: 0.3 g
- Fiber: 2.9 g
- Sodium: 1 mg

FEATURES:

- ✓ Naturally rich in fiber and natural sugars
- ✓ Soft, sweet, and flavorful
- ✓ Great for baking, jams, and healthy snacks
- ✓ 100% natural fruit, no added sugar

STORAGE & PACKING:

Keep frozen at -18°C. Do not refreeze after thawing.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g (customizable)

KIWI

Description:

Bright green kiwi slices frozen fresh to capture their tangy sweetness and vivid color. A refreshing boost for smoothies, fruit salads, or toppings.



Nutrition (per 100g)

- Calories: 41 kcal
- Protein: 0.8 g
- Carbohydrates: 10.1 g
- Sugars: 6.2 g
- Fat: 0.4 g
- Fiber: 2.1 g
- Sodium: 3 mg

FEATURES:

- ✓ Excellent source of vitamin C
- ✓ Tart, zesty, and refreshing taste
- ✓ Convenient, ready-to-use slices
- ✓ 100% natural kiwi

STORAGE & PACKING:

Keep frozen at -18°C. Do not refreeze after thawing.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g (customizable)

GRAPE LEAVES

Description:

Tender, flexible grape leaves frozen fresh, perfect for rolling traditional dolma and mahshi. Naturally flavorful and ready to use.



Nutrition (per 100g)

- Calories: 69 kcal
- Protein: 5.6 g
- Carbohydrates: 13.9 g
- Sugars: 0.5 g
- Fat: 0.4 g
- Fiber: 11 g
- Sodium: 63 mg

FEATURES:

- ✓ Soft and easy to roll for stuffing
- ✓ Naturally high in fiber
- ✓ Classic ingredient for Mediterranean dishes
- ✓ No preservatives or added salt

STORAGE & PACKING:

Keep frozen at -18°C. Do not refreeze after thawing.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g
(customizable)

OLIVES (PITTED)

Description:

Whole, pitted green olives frozen to maintain their briny flavor and firm bite. A versatile ingredient for salads, pizzas, and Mediterranean dishes.



Nutrition (per 100g)

- Calories: 115 kcal
- Protein: 0.8 g
- Carbohydrates: 6.3 g
- Sugars: 0 g
- Fat: 10.7 g
- Fiber: 3.2 g
- Sodium: 735 mg

FEATURES:

- ✓ Pitted and ready to serve or cook
- ✓ Classic Mediterranean taste
- ✓ Firm texture with savory briny flavor
- ✓ Source of healthy fats and antioxidants

STORAGE & PACKING:

Keep frozen at -18°C. Do not refreeze after thawing.

PACKING:

1×10kg / 4×2.5kg / 10×1kg / 20×400g
(customizable)

SNOWRA CATLOGE



SNOWRA
Frozen vegetables and fruits

WHERE QUALITY MEETS RELIABILITY

+20222684015

+201146251154

info@igms.com

1 Abdel Hameed Badawy st. Sheraton, Cairo

<https://igms.life/snowra>