



mima  
FOODS



# Who we are

**Mima** Foods is Top Frozen Vegetables Producer located in Egypt.

Founded in 2016 under **SADITA HOLDING** (Kuwait) umbrella, **Mima** Foods has since built a reliable brand in the global market. With its market expansion, the company reached Europe, Middle East, the United States, and is looking forward to entering Far East market.

Since day one, the company's relentless dedication to international standards of quality attracted loyal customers which allowed **Mima** Foods to build strong & reliable partnerships throughout the years.

**Mima** Gardens (UAE), a sub company of **Mima** Foods, established in 2020 and is dedicated to supply Buyers with constantly expanding range of products, originated worldwide under our Private Labels.



# Frozen Vegetables, and Fruits Production

## **ORIGIN: Egypt**

As one of the Top Manufacturers in Egypt **Mima** Foods produces both most required (or popular) frozen items such as strawberry and items under special request.

With tailor-made packaging options available, **Mima** Foods covers all customers' requests. Full list of products includes:

- Strawberry
- Green peas
- Green beans
- Cauliflower
- Broccoli
- Spinach

- Molokhia
- Okra
- Mix vegetables
- Peas & carrots
- Corn
- Broad beans (whole & peeled)

- Carrot
- Artichoke
- Baba Ghanouj
- Taro
- Mango
- Pomegranate

# Crop Calendar

To benefit of lower prices and better values, consider purchasing the vegetables and fruits during their seasons. Below is the cut calendar of each of the vegetables and fruits for your reference.

|              | JAN | FEB | MAR | ARP | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC |
|--------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Strawberries | ✓   | ✓   | ✓   | ✓   | ✓   |     |     |     |     |     |     |     |
| Artichoke    |     | ✓   | ✓   | ✓   | ✓   |     |     |     |     |     |     |     |
| Broccoli     | ✓   |     |     |     |     |     |     |     |     |     | ✓   | ✓   |
| Fava Beans   |     | ✓   | ✓   | ✓   |     |     |     |     |     |     |     |     |
| Green Beans  | ✓   |     |     | ✓   | ✓   | ✓   |     |     |     |     | ✓   | ✓   |
| Green Peas   | ✓   |     |     |     |     |     |     |     |     | ✓   | ✓   | ✓   |
| Molokhia     |     |     |     |     |     | ✓   | ✓   | ✓   |     |     |     |     |
| Okra         |     |     |     |     |     | ✓   | ✓   | ✓   |     |     |     |     |
| Spinach      | ✓   | ✓   |     |     |     |     |     |     |     |     | ✓   | ✓   |
| Cauliflower  | ✓   |     |     |     |     |     |     |     |     |     | ✓   | ✓   |
| Carrot       | ✓   | ✓   |     |     |     |     |     |     |     |     |     |     |
| Pomegranate  |     |     |     |     |     |     |     |     | ✓   | ✓   | ✓   |     |
| Mango        |     |     |     |     |     |     |     |     | ✓   | ✓   | ✓   |     |



# Strawberry

**Description:**

Origin: Egypt  
Variety: Festival, Fortuna  
Calibrated / Uncalibrated  
camarosa variety+ Calibration  
upon customers' requirements  
(un-calibrated, 15-25 mm, 25-35  
mm, up to 45 mm, etc.)

☒Tailor-made packaging available

**Harvest Season:**

- JAN
- FEB
- MAR
- ARP
- MAY

## Nutrition Facts

Serving size: 100g

Calories: 30

|                                   | %Daily Value*  |
|-----------------------------------|----------------|
| <b>Total Fat:</b> 0g              | 0%             |
| Saturated Fat: 0g                 | 0%             |
| Trans Fat: 0g                     | 0%             |
| <b>Cholesterol:</b> 0mg           | 0%             |
| <b>Sodium:</b> 1mg                | 0%             |
| <b>Total Carbohydrate:</b> 7g     | 2%             |
| Dietary Fibers: 2g                | 8%             |
| Total Sugars: 4g (No added sugar) | 8%             |
| <b>Protein:</b> 1g                | 0%             |
| Vitamin A: 1%                     | Vitamin C: 66% |
| Calcium: 2%                       | Iron: 4%       |

\*Percent Daily Values are based on a 2,000  
calories diet.





# Green Peas

**Description:**  
Origin: Egypt  
Fresh frozen & Sublimated  
Uncalibrated

✔Tailor-made packaging available

**Harvest Season:**  
JAN OCT NOV DEC

## Nutrition Facts

Serving size: 100g  
Calories: 77

| %Daily Value*                     |     |
|-----------------------------------|-----|
| <b>Total Fat:</b> 0.37g           | 1%  |
| Saturated Fat: 0.066g             | 0%  |
| Trans Fat: 0g                     | 0%  |
| <b>Cholesterol:</b> 0mg           | 0%  |
| <b>Sodium:</b> 112mg              | 5%  |
| <b>Total Carbohydrate:</b> 13.71g | 5%  |
| Dietary Fibers: 4.2g              | 17% |
| Sugars: 5.38g                     |     |
| <b>Protein:</b> 5.21g             | 8%  |
| Vitamin A: 11%                    |     |
| Calcium: 2%                       |     |
| Vitamin C: 22%                    |     |
| Iron: 8%                          |     |

\*Percent Daily Values are based on a 2,000 calories diet.



# Green Beans

**Description:**  
Origin: Egypt  
Cut & whole

✔Tailor-made packaging available

**Harvest Season:**  
JAN ARP MAY JUN NOV DEC

## Nutrition Facts

Serving size: 100g  
Calories: 77

| %Daily Value*                     |     |
|-----------------------------------|-----|
| <b>Total Fat:</b> 0.37g           | 1%  |
| Saturated Fat: 0.066g             | 0%  |
| Trans Fat: 0g                     | 0%  |
| <b>Cholesterol:</b> 0mg           | 0%  |
| <b>Sodium:</b> 112mg              | 5%  |
| <b>Total Carbohydrate:</b> 13.71g | 5%  |
| Dietary Fibers: 4.2g              | 17% |
| Sugars: 5.38g                     |     |
| <b>Protein:</b> 5.21g             |     |
| Vitamin A: 11%                    |     |
| Calcium: 5%                       |     |
| Vitamin C: 22%                    |     |
| Iron: 5%                          |     |

\*Percent Daily Values are based on a 2,000 calories diet.





# Broccoli

**Description:**  
Origin: Egypt  
Calibrated 40-60 mm/30-50 mm benefits.  
Calibration upon customers' requirements (un-calibrated, 30-50 mm, 50-70 mm).

☑Tailor-made packaging available

**Harvest Season:**

JAN FEB DEC

## Nutrition Facts

Serving size: 100g  
Calories: 30

|                               | %Daily Value* |
|-------------------------------|---------------|
| <b>Total Fat:</b> 0g          | 0%            |
| Saturated Fat: 0g             | 0%            |
| Trans Fat: 0g                 |               |
| <b>Cholesterol:</b> 0mg       | 0%            |
| <b>Sodium:</b> 20mg           | 1%            |
| <b>Total Carbohydrate:</b> 4g | 1%            |
| Dietary Fibers: 2g            | 8%            |
| Sugars: 2g                    |               |
| <b>Protein:</b> 1g            | 0%            |

Vitamin A: 0%  
Calcium: 2%

Vitamin C: 50%  
Iron: 0%

\*Percent Daily Values are based on a 2,000 calories ciet.



# Cauliflower

**Description:**  
Origin: Egypt  
Calibrated 40-60 mm/30-50 mm benefits.  
Calibration upon customers' requirements (un-calibrated, 30-50 mm, 50-70 mm).

☑Tailor-made packaging available

**Harvest Season:**

JAN FEB DEC

## Nutrition Facts

Serving size: 100g  
Calories: 25

|                               | %Daily Value* |
|-------------------------------|---------------|
| <b>Total Fat:</b> 0.3g        | 1%            |
| Saturated Fat: 0.1g           | 0%            |
| Trans Fat: 0g                 | 0%            |
| <b>Cholesterol:</b> 0mg       | 0%            |
| <b>Sodium:</b> 30mg           | 5%            |
| <b>Total Carbohydrate:</b> 5g | 5%            |
| Dietary Fibers: 2g            | 17%           |
| Sugars: 1.9g                  |               |
| <b>Protein:</b> 5.21g         |               |

Vitamin A: 0%  
Calcium: 2%

Vitamin C: 80%  
Iron: 2%

\*Percent Daily Values are based on a 2,000 calories ciet.





# Spinach

**Description:**

Origin: Egypt  
Chopped, bulk frozen 400GR

☒Tailor-made packaging available

**Harvest Season:**

- JAN
- FEB
- NOV
- DEC

## Nutrition Facts

Serving size: 100g

Calories: 42

|                                 |  | %Daily Value* |
|---------------------------------|--|---------------|
| <b>Total Fat:</b> 0.02g         |  | 0%            |
| Saturated Fat: 0g               |  | 0%            |
| Trans Fat: 0g                   |  | 0%            |
| <b>Cholesterol:</b> 0mg         |  | 0%            |
| <b>Sodium:</b> 45mg             |  | 3%            |
| <b>Total Carbohydrate:</b> 6.5g |  | 2.5%          |
| Dietary Fibers: 1.3g            |  | 0%            |
| Sugars: 0g                      |  | 0%            |
| <b>Protein:</b> 1.7g            |  | 3.4%          |
| Vitamin A: 234%                 |  | Vitamin C: 9% |
| Calcium: 13%                    |  | Iron: 10%     |

\*Percent Daily Values are based on a 2,000 calories ciet.



# Molokhia

**Description:**

Origin: Egypt  
Calibrated 40-60 mm/30-50 mm benefits. Chopped, bulk frozen 400GR.

☒Tailor-made packaging available

**Harvest Season:**

- JUN
- JUL
- AUG

## Nutrition Facts

Serving size: 100g

Calories: 42

|                                 |  | %Daily Value* |
|---------------------------------|--|---------------|
| <b>Total Fat:</b> 0.02g         |  | 0%            |
| Saturated Fat: 0g               |  | 0%            |
| Trans Fat: 0g                   |  | 0%            |
| <b>Cholesterol:</b> 0mg         |  | 0%            |
| <b>Sodium:</b> 45mg             |  | 0%            |
| <b>Total Carbohydrate:</b> 6.5g |  | 2.5%          |
| Dietary Fibers: 1.3g            |  | 0%            |
| Sugars: 0g                      |  | 0%            |
| <b>Protein:</b> 1.7g            |  | 3.5%          |
| Vitamin A: 234%                 |  | Vitamin C: 9% |
| Calcium: 2%                     |  | Iron: 7%      |

\*Percent Daily Values are based on a 2,000 calories ciet.



# Okra

**Description:**

Origin: Egypt  
Okra extra: up to 2.5 cm  
Okra zero: 2.5-3.5 cm  
Okra excellent: 3.5-4.5 cm  
Okra one: 4.5-5.5 cm  
Okra weeka: above 5.5 cm

☒Tailor-made packaging available

**Harvest Season:**

- JUN
- JUL
- AUG

## Nutrition Facts

Serving size: 100g

Calories: 30

|                                  |  | %Daily Value*  |
|----------------------------------|--|----------------|
| <b>Total Fat:</b> 0.25g          |  | 0.4%           |
| Saturated Fat: 0.065g            |  | 0%             |
| Trans Fat: 0g                    |  | 0%             |
| <b>Cholesterol:</b> 0mg          |  | 0%             |
| <b>Sodium:</b> 3mg               |  | 0.1%           |
| <b>Total Carbohydrate:</b> 6.63g |  | 2.6%           |
| Dietary Fibers: 2.2g             |  | 7.9%           |
| Sugars: 2.97g                    |  | 0%             |
| <b>Protein:</b> 1.69g            |  | 4%             |
| Vitamin A: 7%                    |  | Vitamin C: 21% |
| Calcium: 10%                     |  | Iron: 4%       |

\*Percent Daily Values are based on a 2,000 calories ciet.



# Mix Vegetables

**Description:**  
Origin: Egypt  
Tailor-made from different vegetables

☒Tailor-made packaging available

## Nutrition Facts

Serving size: 100g  
Calories: 45

| %Daily Value*                     |      |
|-----------------------------------|------|
| <b>Total Fat:</b> 0.09g           | 0.1% |
| Saturated Fat: 0g                 | 0%   |
| Trans Fat: 0g                     | 0%   |
| <b>Cholesterol:</b> 0mg           | 0%   |
| <b>Sodium:</b> 50mg               | 2%   |
| <b>Total Carbohydrate:</b> 6.9g   | 2.7% |
| Dietary Fibers: 4g                | 14%  |
| Total Sugars: 6g (No added sugar) | 12%  |
| <b>Protein:</b> 3g                | 6%   |

|                 |                |
|-----------------|----------------|
| Vitamin A: 102% | Vitamin C: 17% |
| Calcium: 2%     | Iron: 2%       |

\*Percent Daily Values are based on a 2,000 calories diet.



# Peas and Carrots

**Description:**  
Origin: Egypt  
50% / 50% peas & carrot cubes mix. Ratio of each products depends on the customers' requirements

☒Tailor-made packaging available

## Nutrition Facts

Serving size: 100g  
Calories: 45

| %Daily Value*                     |      |
|-----------------------------------|------|
| <b>Total Fat:</b> 0.09g           | 0.1% |
| Saturated Fat: 0g                 | 0%   |
| Trans Fat: 0g                     | 0%   |
| <b>Cholesterol:</b> 0mg           | 0%   |
| <b>Sodium:</b> 50mg               | 2%   |
| <b>Total Carbohydrate:</b> 6.9g   | 2.7% |
| Dietary Fibers: 4g                | 14%  |
| Total Sugars: 6g (No added sugar) | 12%  |
| <b>Protein:</b> 3g                | 6%   |

|                 |                |
|-----------------|----------------|
| Vitamin A: 102% | Vitamin C: 17% |
| Calcium: 2%     | Iron: 8%       |

\*Percent Daily Values are based on a 2,000 calories diet.



# Sweet Corn

**Description:**

Origin: Egypt  
kernels

☒Tailor-made packaging available

**Harvest Season:**

NOV DEC

## Nutrition Facts

Serving size: 100g

Calories: 86

|                                     |  | %Daily Value*  |
|-------------------------------------|--|----------------|
| <b>Total Fat:</b> 1.2g              |  | 1%             |
| Saturated Fat: 0.2g                 |  | 1%             |
| Trans Fat: 0g                       |  | 0%             |
| <b>Cholesterol:</b> 0mg             |  | 0%             |
| <b>Sodium:</b> 15mg                 |  | 0%             |
| <b>Total Carbohydrate:</b> 19g      |  | 6%             |
| Dietary Fibers: 2.7g                |  | 10%            |
| Total Sugars: 3.2g (No added sugar) |  |                |
| <b>Protein:</b> 3.2g                |  | 6%             |
| Vitamin A: 0%                       |  | Vitamin C: 11% |
| Calcium: 0%                         |  | Iron: 2%       |

\*Percent Daily Values are based on a 2,000 calories diet.



# Broad Beans

**Description:**

Origin: Egypt  
Whole & peeled

☒Tailor-made packaging available

**Harvest Season:**

FEB MAR ARP

## Nutrition Facts

Serving size: 100g

Calories: 62

|                                     |  | %Daily Value* |
|-------------------------------------|--|---------------|
| <b>Total Fat:</b> 0.4g              |  | 0.1%          |
| Saturated Fat: 0.1g                 |  | 0%            |
| Trans Fat: 0g                       |  | 0%            |
| <b>Cholesterol:</b> 0mg             |  | 0%            |
| <b>Sodium:</b> 0.04mg               |  | 2%            |
| <b>Total Carbohydrate:</b> 9.7g     |  | 2.7%          |
| Dietary Fibers: 7.4g                |  | 14%           |
| Total Sugars: 1.2g (No added sugar) |  | 12%           |
| <b>Protein:</b> 7.2g                |  | 6%            |

Vitamin A: 5%  
Calcium: 2%

Vitamin C: 33%  
Iron: 8%

\*Percent Daily Values are based on a 2,000 calories diet.



# Carrot

**Description:**  
Origin: Egypt  
cubes  
Bottoms & hearts  
Calibrated / Uncalibrated

☒Tailor-made packaging available

**Harvest Season:**

JAN DEC

## Nutrition Facts

Serving size: 100g  
Calories: 41

|                                |  | %Daily Value* |
|--------------------------------|--|---------------|
| <b>Total Fat:</b> 0.2g         |  | 0%            |
| Saturated Fat: 0g              |  | 0%            |
| Trans Fat: 0g                  |  |               |
| <b>Cholesterol:</b> 0mg        |  | 0%            |
| <b>Sodium:</b> 69mg            |  | 2%            |
| <b>Total Carbohydrate:</b> 10g |  | 3%            |
| Dietary Fibers: 2.8g           |  | 11%           |
| Sugars: 4.7g                   |  |               |
| <b>Protein:</b> 0.9g           |  | 1%            |
| Vitamin A: 51%                 |  | Vitamin C: 9% |
| Calcium: 3%                    |  | Iron: 1%      |

\*Percent Daily Values are based on a 2,000 calories diet.



# Artichoke

**Description:**  
Origin: Egypt  
Bottoms, hearts  
Bottoms' calibration: Uncalibrated, 3-5 cm, 5-7 cm

☒Tailor-made packaging available

**Harvest Season:**

JAN ARP MAY JUN NOV DEC

## Nutrition Facts

Serving size: 100g  
Calories: 53

|                                |  | %Daily Value*  |
|--------------------------------|--|----------------|
| <b>Total Fat:</b> 0g           |  | 1%             |
| Saturated Fat: 0g              |  | 0%             |
| Trans Fat: 0g                  |  | 0%             |
| <b>Cholesterol:</b> 0mg        |  | 0%             |
| <b>Sodium:</b> 60mg            |  | 3%             |
| <b>Total Carbohydrate:</b> 12g |  | 4%             |
| Dietary Fibers: 3g             |  | 34%            |
| Sugars: 1g                     |  |                |
| <b>Protein:</b> 5g             |  | 0%             |
| Vitamin A: 0%                  |  | Vitamin C: 12% |
| Calcium: 2%                    |  | Iron: 3%       |

\*Percent Daily Values are based on a 2,000 calories diet.





# Baba Ghanouj

**Description:**  
Origin: Egypt  
Mashed cooked eggplant

✔Tailor-made packaging available

## Nutrition Facts

Serving size: 100g  
Calories: 80

|                               |  | %Daily Value* |
|-------------------------------|--|---------------|
| <b>Total Fat:</b> 7g          |  | 11%           |
| Saturated Fat: 0.5g           |  | 3%            |
| Trans Fat: 0g                 |  |               |
| <b>Cholesterol:</b> 0mg       |  | 0%            |
| <b>Sodium:</b> 190mg          |  | 8%            |
| <b>Total Carbohydrate:</b> 5g |  | 2%            |
| Dietary Fibers: 2g            |  | 8%            |
| Sugars: 2g                    |  |               |
| <b>Protein:</b> 1g            |  | 8%            |
| Vitamin A: 0%                 |  | Vitamin C: 4% |
| Calcium: 2%                   |  | Iron: 2%      |

\*Percent Daily Values are based on a 2,000 calories diet.

# Taro

## Nutrition Facts

Serving size: 100g  
Calories: 116

**Description:**  
Origin: Egypt  
Colocasia roots, cut in cubes & halves

✔Tailor-made packaging available

|                                |  | %Daily Value* |
|--------------------------------|--|---------------|
| <b>Total Fat:</b> 0.2g         |  | 0%            |
| Saturated Fat: 0g              |  | 0%            |
| Trans Fat: 0g                  |  | 0%            |
| <b>Cholesterol:</b> 0mg        |  | 0%            |
| <b>Sodium:</b> 11mg            |  | 0%            |
| <b>Total Carbohydrate:</b> 28g |  | 10%           |
| Dietary Fibers: 4.3g           |  | 15%           |
| Sugars: 0.4g                   |  |               |
| <b>Protein:</b> 1.6g           |  | 3%            |
| Vitamin A: 0%                  |  | Vitamin C: 5% |
| Calcium: 3%                    |  | Iron: 3%      |

\*Percent Daily Values are based on a 2,000 calories diet.





# Avocado

**Description:**  
Origin: Colombia  
Slices and halves

## Nutrition Facts

Serving size: 100g  
Calories: 150

✔ Tailor-made packaging available

|                               |  | %Daily Value* |
|-------------------------------|--|---------------|
| <b>Total Fat:</b> 14g         |  | 18%           |
| Saturated Fat: 2g             |  | 10%           |
| Trans Fat: 0g                 |  | 0%            |
| <b>Cholesterol:</b> 0mg       |  | 0%            |
| <b>Sodium:</b> 27mg           |  | 1%            |
| <b>Total Carbohydrate:</b> 5g |  | 2%            |
| Dietary Fibers: 4g            |  | 14%           |
| Sugars: 1g                    |  |               |
| <b>Protein:</b> 2g            |  |               |
| Vitamin A: 4%                 |  | Vitamin C: 4% |
| Calcium: 2%                   |  | Iron: 2%      |

\*Percent Daily Values are based on a 2,000 calories ciet.

# Mango

**Description:**  
Origin: Egypt  
Slices & cubes  
Variety: Alfonso, Zebdeya, Awees, Sukaria, Keitt

✔ Tailor-made packaging available

**Harvest Season:**  
SEP OCT NOV

## Nutrition Facts

Serving size: 100g  
Calories: 85

|                                  |  | %Daily Value*  |
|----------------------------------|--|----------------|
| <b>Total Fat:</b> 0.37g          |  | 1%             |
| Saturated Fat: 0.3g              |  | 1%             |
| Trans Fat: 0g                    |  | 0%             |
| <b>Cholesterol:</b> 0mg          |  | 0%             |
| <b>Sodium:</b> 112mg             |  | 5%             |
| <b>Total Carbohydrate:</b> 19.6g |  | 9%             |
| Dietary Fibers: 3.4g             |  | 12%            |
| Sugars: 16g                      |  |                |
| <b>Protein:</b> 1.2g             |  | 2%             |
| Vitamin A: 25%                   |  | Vitamin C: 76% |
| Calcium: 2%                      |  | Iron: 1%       |

\*Percent Daily Values are based on a 2,000 calories ciet.



# Pomegranate

**Description:**  
Origin: Egypt  
Kernels

✔ Tailor-made packaging available

**Harvest Season:**  
SEP OCT NOV

## Nutrition Facts

Serving size: 100g  
Calories: 83

|                                  |  | %Daily Value*  |
|----------------------------------|--|----------------|
| <b>Total Fat:</b> 0.37g          |  | 2%             |
| Saturated Fat: 0.1g              |  | 1%             |
| Trans Fat: 0g                    |  | 0%             |
| <b>Cholesterol:</b> 0mg          |  | 0%             |
| <b>Sodium:</b> 3mg               |  | 0%             |
| <b>Total Carbohydrate:</b> 18.7g |  | 6%             |
| Dietary Fibers: 4g               |  | 16%            |
| Sugars: 13.7g                    |  |                |
| <b>Protein:</b> 1.7g             |  | 8%             |
| Vitamin A: 0%                    |  | Vitamin C: 17% |
| Calcium: 1%                      |  | Iron: 2%       |

\*Percent Daily Values are based on a 2,000 calories ciet.



# Food Supplying

**ORIGIN: Worldwide**

**Mima** Gardens as a sub company of **Mima** Foods fully takes the task of distributing our Private Labels globally. Products in this category are originated worldwide and are meeting **Mima**’s consistent / unified quality standards. “**Mima** Gardens” and “**Oceana**” are our main brand names as of today. Product categories by brand include:

| Frozen Vegetables                                                                                                                          | Frozen Fruits & berries                                                                                                             | Frozen Appetizers                                                                                                  | Frozen Seafood                                                                                             |
|--------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
|                                                       |                                                |                               |                       |
| <ul style="list-style-type: none"><li>✓ Corn on the cob</li><li>✓ Soybeans (edamame &amp; mukimame)</li><li>✓ Frozen fried fries</li></ul> | <ul style="list-style-type: none"><li>✓ Wide range of berries (raspberry, blackberry, bluberry, etc)</li><li>✓ Mango pulp</li></ul> | <ul style="list-style-type: none"><li>✓ Mozzarella sticks</li><li>✓ Jalapeno bites</li><li>✓ Onion rings</li></ul> | <ul style="list-style-type: none"><li>✓ Shrimps</li><li>✓ Seafood cocktail</li><li>✓ Fish Fillet</li></ul> |



# Corn on the Cob

**Description:**  
Origin: Egypt

✓Tailor-made packaging available

**Harvest Season:**  
NOV DEC



## Nutrition Facts

Serving size: 100g  
Calories: 90

|                               | %Daily Value* |
|-------------------------------|---------------|
| <b>Total Fat:</b> 1.6g        | 1%            |
| Saturated Fat: 1g             | 1%            |
| Trans Fat: 0g                 | 0%            |
| <b>Cholesterol:</b> 0mg       | 0%            |
| <b>Sodium:</b> 0mg            | 0%            |
| <b>Total Carbohydrate:</b> 8g | 6%            |
| Dietary Fibers: 1.5g          | 10%           |
| Sugars: 1.95g                 |               |
| <b>Protein:</b> 2.6g          | 6%            |

|               |                |
|---------------|----------------|
| Vitamin A: 0% | Vitamin C: 11% |
| Calcium: 0%   | Iron: 2%       |

\*Percent Daily Values are based on a 2,000 calories ciet.

# Fries

**Description:**  
Origin: Worldwide

✓Tailor-made packaging available



## Nutrition Facts

Serving size: 100g  
Calories: 120

|                                | %Daily Value* |
|--------------------------------|---------------|
| <b>Total Fat:</b> 4.2g         | 6%            |
| Saturated Fat: 0.6g            | 3%            |
| Trans Fat: 0g                  | 0%            |
| <b>Cholesterol:</b> 0mg        | 0%            |
| <b>Sodium:</b> 246mg           | 10%           |
| <b>Total Carbohydrate:</b> 19g | 6%            |
| Dietary Fibers: 1.5g           | 6%            |
| Sugars: 0.3g                   |               |
| <b>Protein:</b> 2.1g           |               |

|                 |                |
|-----------------|----------------|
| Vitamin A: 0.1% | Vitamin C: 11% |
| Calcium: 0.7%   | Iron: 2.4%     |

\*Percent Daily Values are based on a 2,000 calories ciet.





# Edamame

**Description:**  
Origin: Taiwan

☒ Tailor-made packaging available



## Nutrition Facts

Serving size: 100g  
Calories: 121

|                                |  | %Daily Value*  |
|--------------------------------|--|----------------|
| <b>Total Fat:</b> 13g          |  | 9%             |
| Saturated Fat: 1g              |  | 3%             |
| Trans Fat: 0g                  |  | 0%             |
| <b>Cholesterol:</b> 0mg        |  | 0%             |
| <b>Sodium:</b> 3mg             |  | 0%             |
| <b>Total Carbohydrate:</b> 10g |  | 3%             |
| Dietary Fibers: 7g             |  | 20%            |
| Sugars: 3g                     |  | 0%             |
| <b>Protein:</b> 13g            |  | 22%            |
| Vitamin A: 3%                  |  | Vitamin C: 10% |
| Calcium: 6%                    |  | Iron: 12%      |

\*Percent Daily Values are based on a 2,000 calories ciet.



# Mukimame

**Description:**  
Origin: Taiwan

☒ Tailor-made packaging available



## Nutrition Facts

Serving size: 100g  
Calories: 120

|                                |  | %Daily Value*  |
|--------------------------------|--|----------------|
| <b>Total Fat:</b> 4g           |  | --%            |
| Saturated Fat: 0.5g            |  | --%            |
| Trans Fat: 0g                  |  | --%            |
| <b>Cholesterol:</b> --mg       |  | --%            |
| <b>Sodium:</b> 5mg             |  | --%            |
| <b>Total Carbohydrate:</b> 11g |  | --%            |
| Dietary Fibers: 4g             |  | --%            |
| Sugars: 3g                     |  | --%            |
| <b>Protein:</b> 13g            |  | --%            |
| Vitamin A: --%                 |  | Vitamin C: --% |
| Calcium: --%                   |  | Iron: --%      |

\*Percent Daily Values are based on a 2,000 calories ciet.



# Mango Pulp

**Description:**  
Origin: India

☑Tailor-made packaging available

## Nutrition Facts

Serving size: 100g  
Calories: 79.7

|                                  | %Daily Value* |
|----------------------------------|---------------|
| <b>Total Fat:</b> 0.1g           | 1%            |
| Saturated Fat: 0g                | 1%            |
| Trans Fat: 0g                    | 0%            |
| <b>Cholesterol:</b> 19.4mg       | 0%            |
| <b>Sodium:</b> 0mg               | 5%            |
| <b>Total Carbohydrate:</b> 19.6g | 9%            |
| Dietary Fibers: 3g               | 12%           |
| Sugars: 15.7g                    |               |
| <b>Protein:</b> 0.4g             | 2%            |

|                |                |
|----------------|----------------|
| Vitamin A: 25% | Vitamin C: 76% |
| Calcium: 2%    | Iron: 1%       |

\*Percent Daily Values are based on a 2,000 calories diet.



# Mix Berries

**Description:**  
Origin: Worldwide

☑Tailor-made packaging available

## Nutrition Facts

Serving size: 100g  
Calories: 70

|                                | %Daily Value* |
|--------------------------------|---------------|
| <b>Total Fat:</b> 0.5g         | 1%            |
| Saturated Fat: 0g              | 0%            |
| Trans Fat: 0g                  |               |
| <b>Cholesterol:</b> 0mg        | 0%            |
| <b>Sodium:</b> 0mg             | 5%            |
| <b>Total Carbohydrate:</b> 16g | 5%            |
| Dietary Fibers: 5g             | 17%           |
| Sugars: 9g                     |               |
| <b>Protein:</b> 1g             | 8%            |

|               |                |
|---------------|----------------|
| Vitamin A: 0% | Vitamin C: 35% |
| Calcium: 2%   | Iron: 4%       |

\*Percent Daily Values are based on a 2,000 calories diet.



# Raspberry

**Description:**  
100% raspberry,  
no sugar added

☒Tailor-made packaging available

## Nutrition Facts

Serving size: 100g  
Calories: 150

|                               |  | %Daily Value*  |
|-------------------------------|--|----------------|
| <b>Total Fat:</b> 14g         |  |                |
| Saturated Fat: 2g             |  |                |
| Trans Fat: 0g                 |  |                |
| <b>Cholesterol:</b> 0mg       |  |                |
| <b>Sodium:</b> 27mg           |  |                |
| <b>Total Carbohydrate:</b> 5g |  |                |
| Dietary Fibers: 4g            |  |                |
| Sugars: 1g                    |  |                |
| <b>Protein:</b> 2g            |  |                |
| <hr/>                         |  |                |
| Vitamin A: --%                |  | Vitamin C: --% |
| Calcium: --%                  |  | Iron: --%      |

\*Percent Daily Values are based on a 2,000 calories ciet.

# Blackberry

**Description:**  
100% blueberry,  
no sugar added

☒Tailor-made packaging available

## Nutrition Facts

Serving size: 100g  
Calories: 85

|                                  |  | %Daily Value*  |
|----------------------------------|--|----------------|
| <b>Total Fat:</b> 0.37g          |  |                |
| Saturated Fat: 0.3g              |  |                |
| Trans Fat: 0g                    |  |                |
| <b>Cholesterol:</b> 0mg          |  |                |
| <b>Sodium:</b> 112mg             |  |                |
| <b>Total Carbohydrate:</b> 19.6g |  |                |
| Dietary Fibers: 3.4g             |  |                |
| Sugars: 16g                      |  |                |
| <b>Protein:</b> 1.2g             |  |                |
| <hr/>                            |  |                |
| Vitamin A: --%                   |  | Vitamin C: --% |
| Calcium: --%                     |  | Iron: --%      |

\*Percent Daily Values are based on a 2,000 calories ciet.



# Bluberry

**Description:**  
100% blackberry,  
no sugar added

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## Nutrition Facts

Serving size: 100g  
Calories: 83

|                                  |  | %Daily Value*  |
|----------------------------------|--|----------------|
| <b>Total Fat:</b> 0.37g          |  |                |
| Saturated Fat: 0.1g              |  |                |
| Trans Fat: 0g                    |  |                |
| <b>Cholesterol:</b> 0mg          |  |                |
| <b>Sodium:</b> 3mg               |  |                |
| <b>Total Carbohydrate:</b> 18.7g |  |                |
| Dietary Fibers: 4g               |  |                |
| Sugars: 13.7g                    |  |                |
| <b>Protein:</b> 1.7g             |  |                |
| <hr/>                            |  |                |
| Vitamin A: --%                   |  | Vitamin C: --% |
| Calcium:--%                      |  | Iron:--%       |

\*Percent Daily Values are based on a 2,000 calories ciet.

# Onion rings

**Description:**  
Origin: Netherlands

✔Tailor-made packaging available



## Nutrition Facts

Serving size: 100g  
Calories: 200

|                                  | %Daily Value* |
|----------------------------------|---------------|
| <b>Total Fat:</b> 9.2g           | --%           |
| Saturated Fat: 1.2g              | --%           |
| Trans Fat: 0g                    | --%           |
| <b>Cholesterol:</b> --mg         | --%           |
| <b>Sodium:</b> --mg              | --%           |
| <b>Total Carbohydrate:</b> 26.5g | --%           |
| Dietary Fibers: 0.9g             | --%           |
| Sugars: 4.1g                     | --%           |
| <b>Protein:</b> 3.9g             | --%           |

|                |                |
|----------------|----------------|
| Vitamin A: --% | Vitamin C: --% |
| Calcium: --%   | Iron: --%      |

\*Percent Daily Values are based on a 2,000 calories ciet.



# Jalapeno Bites

**Description:**  
Origin: Netherlands

✔Tailor-made packaging available



## Nutrition Facts

Serving size: 100g  
Calories: 247

|                                  | %Daily Value* |
|----------------------------------|---------------|
| <b>Total Fat:</b> 11.3g          | --%           |
| Saturated Fat: 0.07g             | --%           |
| Trans Fat: 0.2g                  | --%           |
| <b>Cholesterol:</b> --mg         | --%           |
| <b>Sodium:</b> 801mg             | --%           |
| <b>Total Carbohydrate:</b> 26.8g | --%           |
| Dietary Fibers: 1.2g             | --%           |
| Sugars: 1.2g                     | --%           |
| <b>Protein:</b> 9g               | --%           |

|                |                |
|----------------|----------------|
| Vitamin A: --% | Vitamin C: --% |
| Calcium: --%   | Iron: --%      |

\*Percent Daily Values are based on a 2,000 calories ciet.

# Mozzarella sticks

**Description:**  
Origin: Netherlands

✔Tailor-made packaging available



## Nutrition Facts

Serving size: 100g  
Calories: 305

|                                  | %Daily Value* |
|----------------------------------|---------------|
| <b>Total Fat:</b> 16.7g          | --%           |
| Saturated Fat: 9.2g              | --%           |
| Trans Fat: 0g                    | --%           |
| <b>Cholesterol:</b> --mg         | --%           |
| <b>Sodium:</b> 573mg             | --%           |
| <b>Total Carbohydrate:</b> 22.3g | --%           |
| Dietary Fibers: 0.9g             | --%           |
| Sugars: 0.6g                     | --%           |
| <b>Protein:</b> 16g              | --%           |

|                |                |
|----------------|----------------|
| Vitamin A: --% | Vitamin C: --% |
| Calcium: --%   | Iron: --%      |

\*Percent Daily Values are based on a 2,000 calories ciet.





# Shrimps

**Description:**  
Origin: India

## Nutrition Facts

Serving size: 100g  
Calories: 366

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|                                  | %Daily Value*  |
|----------------------------------|----------------|
| <b>Total Fat:</b> 2.37g          | --%            |
| Saturated Fat: 4.25g             | --%            |
| Trans Fat: 0g                    | --%            |
| <b>Cholesterol:</b> 0mg          | --%            |
| <b>Sodium:</b> 0.37mg            | --%            |
| <b>Total Carbohydrate:</b> 4.25g | --%            |
| Dietary Fibers: 0g               | --%            |
| Sugars: 0g                       | --%            |
| <b>Protein:</b> 12.3g            | --%            |
| <hr/>                            |                |
| Vitamin A: --%                   | Vitamin C: --% |
| Calcium: --%                     | Iron: --%      |

\*Percent Daily Values are based on a 2,000 calories diet.





# Seafood Cocktail

**Description:**  
Origin: Taiwan

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## Nutrition Facts

Serving size: 100g  
Calories: 121

|                                |  | %Daily Value*  |
|--------------------------------|--|----------------|
| <b>Total Fat:</b> 13g          |  | --%            |
| Saturated Fat: 1g              |  | --%            |
| Trans Fat: 0g                  |  | --%            |
| <b>Cholesterol:</b> 0mg        |  | --%            |
| <b>Sodium:</b> 3mg             |  | --%            |
| <b>Total Carbohydrate:</b> 10g |  | --%            |
| Dietary Fibers: 7g             |  | --%            |
| Sugars: 3g                     |  | --%            |
| <b>Protein:</b> 13g            |  | --%            |
| Vitamin A: --%                 |  | Vitamin C: --% |
| Calcium: --%                   |  | Iron: --%      |

\*Percent Daily Values are based on a 2,000 calories ciet.



# Fish Fillet

**Description:**

Fish Type: Pangasius - Basa  
Category: Food Service - Retail  
Pack Sizes: 1kg  
Processed from premium bone-less & skinless white Pangasius or Basa fillets, deep skinned & IWP.

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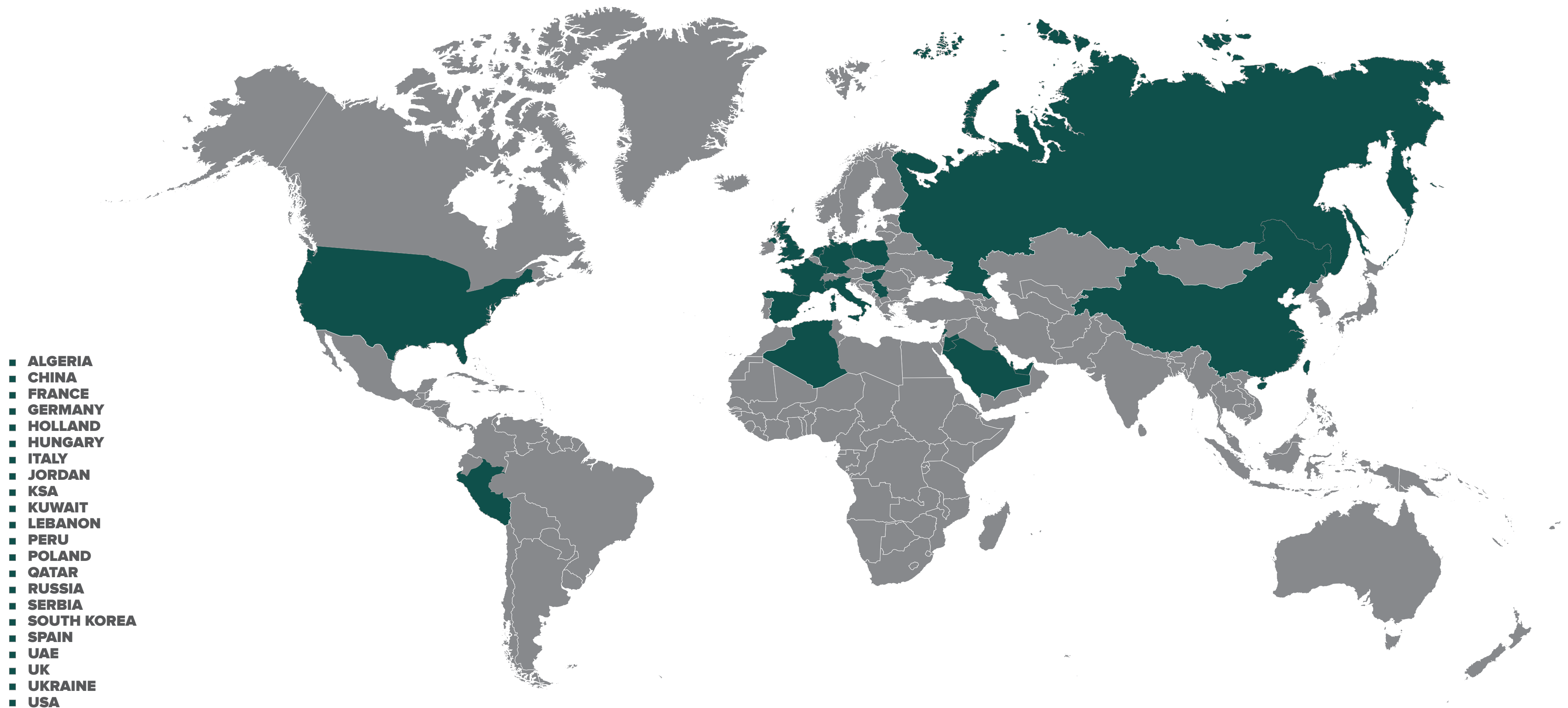
## Nutrition Facts

Serving size: 100g  
Calories: 121

|                                |  | %Daily Value*  |
|--------------------------------|--|----------------|
| <b>Total Fat:</b> 13g          |  | --%            |
| Saturated Fat: 1g              |  | --%            |
| Trans Fat: 0g                  |  | --%            |
| <b>Cholesterol:</b> 0mg        |  | --%            |
| <b>Sodium:</b> 3mg             |  | --%            |
| <b>Total Carbohydrate:</b> 10g |  | --%            |
| Dietary Fibers: 7g             |  | --%            |
| Sugars: 3g                     |  | --%            |
| <b>Protein:</b> 13g            |  | --%            |
| Vitamin A: --%                 |  | Vitamin C: --% |
| Calcium: --%                   |  | Iron:--%       |

\*Percent Daily Values are based on a 2,000 calories ciet.

# Our clients worldwide



# Let's get started!

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To know more, send us an email to **Sales@MimaFoods.com** mention your phone number, your country and your availability for the phone call and we'll get back to you the soonest!

**Thank you**  
for your time