



Ogina Foods: We provide innovative food solutions by exporting high quality frozen fruits and vegetables. We are distinguished by our competitive prices, year-round availability, and international quality certifications. Our headquarters are in Ismailia - Egypt

About Ogina Foods

Ogina Foods is a leading exporter of high-quality frozen fruits and vegetables, serving markets around the world. At Ogina Foods, we are committed to providing fresh, nutritious products that maintain their natural taste and value through advanced freezing technologies.

We source our produce from trusted local farmers, ensuring that each fruit and vegetable is harvested at peak ripeness for optimal quality. Our products undergo stringent safety and quality checks to meet the highest international standards, making Ogina Foods a trusted supplier to clients across the globe.



FROZEN STRAWBERRY



You can pick wild strawberries with your eyes closed, locating them by smell, for they are two parts perfume to one part taste.

Crafting frozen strawberries is a meticulous process at our factory. From handpicking the ripest strawberries to individually quick freezing (IQF), every step is taken with utmost care. The result? High-quality frozen strawberries in sizes from 15mm to 45mm, ensuring a delightful taste experience.

The Packaging available

Packing Options: (Can be customized)

Retail : (1 Kg * 10 = 10 Kg)

: (2.5 Kg * 4 = 10 Kg)

: (400 g * 20 = 8 Kg)

Bulk: 10 Kg (Packed in polyethylene bags inside Carton box packaging)

HDPE bags: 25 Kg



FROZEN Okra



Prepared from clean, sound, succulent & edible fresh pods of Okra Plant.

Quick Frozen okra is graded according to sizes to: a. Okra Extra (Smaller than Zero): Up to 2.5 cm b. Okra Zero (Small): Up to 3.5 cm c. Okra Fine (Medium): Up to 4.5 cm d. Okra One (Large): Up to 5.5 cm e. Okra Weeka (Larger than One): Over than 5.5 cm

Nutrition Facts: For (100 g)

Total Fat	0g
Total Fat	1g
Cholesterol	0mg
Sodium	14mg
Total Carbohydrates	8g
Dietary Fiber	4g
Sugars	0g
Protein	3g
Vitamin A	9%
Vitamin C	10%
Calcium	1%
Iron	1%



The Packaging available

Packing Options: (Can be customized)
Retail : 400g X 20 Packs
Food Service : 400g / 1000g / 2500g



FROZEN Mango (Slices- Cubes)



Our mangoes are harvested at the peak of their ripeness & delivered immediately to our state of-the-art facility. Each fruit is carefully peeled, cut & frozen to preserve its natural sweetness & vibrant color. This precise process ensures that the mango retains its juicy texture & tropical flavour, allowing you to experience the true essence of this beloved fruit.

Nutrition Facts: For (100 g)

Calories:	60 kcal
Carbohydrates:	15 g
Fiber:	1.6 g
Sugars:	14 g
Protein:	0.8 g
Fat:	0.4 g
Vitamin C:	60%
Vitamin A:	25%



The Packaging available

Packing Options: (Can be customized)
Retail : 400g, 10kg, 25kg,



FROZEN Guava



Savor the tropical delight of premium frozen guava. Each guava is carefully picked at the peak of ripeness, ensuring a burst of exotic flavor in every bite. Frozen guava is precisely harvested and flash-frozen to maintain its natural freshness and vibrant taste. Whether you blend them into smoothies, use them in desserts, or enjoy them as a refreshing snack, our frozen guava provides a convenient and fun way to experience tropical goodness year-round.

Nutrition Facts: For (100 g)

Calories:	68 kcal
Carbohydrates:	14.3g
Fiber:	5.4 g
Protein:	2.6 g
Fat:	0.9 g
Vitamin C:	228 mg
Vitamin A:	624 IU



The Packaging available

Packing Options: (Can be customized)
Retail : 400g, 1 kg, 10 kg,



FROZEN Beans

Specifications We only select fresh, high-quality beans. The process of producing the beans is at the beginning of the season when they are fresh, tender and contain high concentrations of sugar

Nutrition Facts: For (100 g)



The Packaging available

Packing Options: (Can be customized)

Retail : (400g X 20 = 8kg)

Large size: 10 kg (packed in polyethylene bags inside a cardboard box)



FROZEN Apricots



Our apricots are harvested at the peak of ripeness & transported immediately to our state-of-the-art facility. Each apricot undergoes rigorous quality assurance sampling and evaluation to ensure it meets our exacting standards. The apricots are then sorted, washed & frozen to -18°C or below. This precise process preserves the natural essence & aroma of the fruit, ensuring that frozen apricots maintain their superior quality & flavour.

Nutrition Facts: For (100 g)

Calories:	48 kcal
Carbohydrates:	12 g
Fiber:	2 g
Sugars:	9 g
Protein:	1 g
Fat:	0 g
Vitamin A:	34%
Vitamin C:	10%



The Packaging available

Packing Options: (Can be customized)
Retail : 400g, 1 kg, 10 kg,



FROZEN Figs



Our figs are harvested at the peak of ripeness & transported immediately to our state-of-the-art facility. Each fig undergoes rigorous quality assurance sampling and evaluation to ensure it meets our exacting standards. The figs are then sorted, washed & frozen to -18°C or below. This precise process preserves the natural sweetness & soft texture of the fruit, ensuring a pleasant experience with every bite.

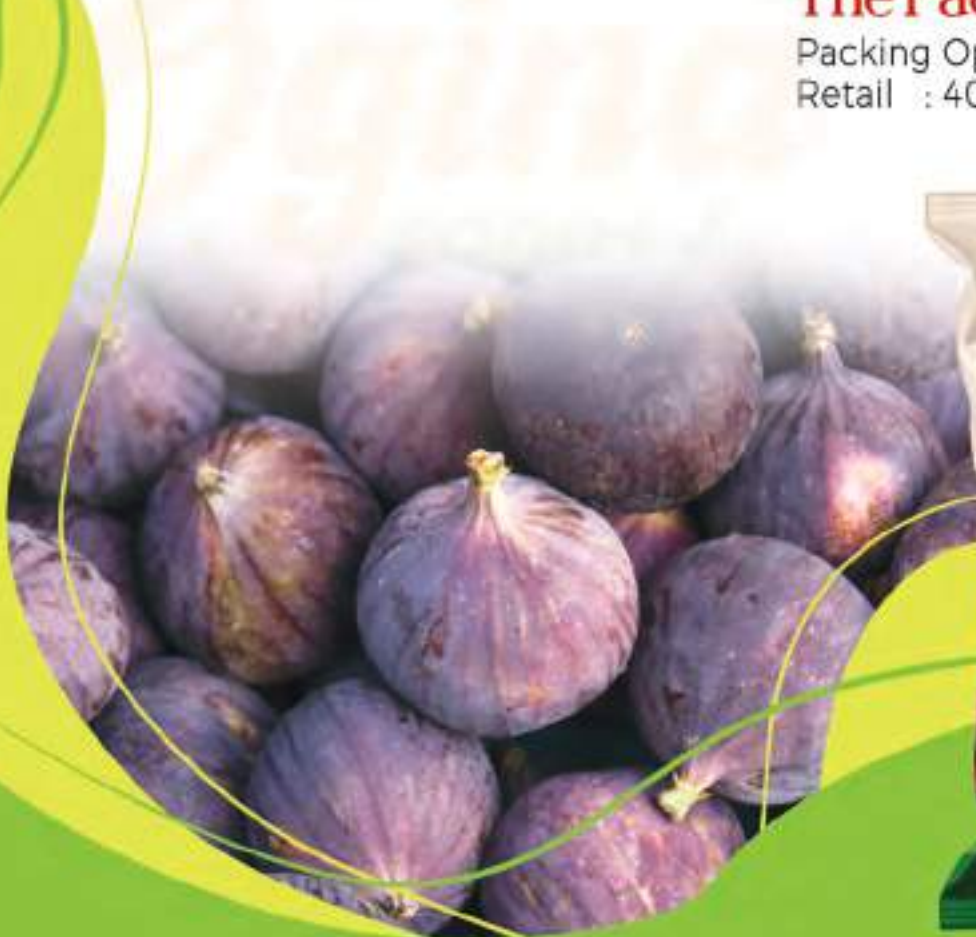
Nutrition Facts: For (100 g)

Calories:	30
Carbohydrates:	8-16.3 g
Protein:	0-0.3 g
Fat:	0-0.1 g
Fiber:	1-2.9 g
Calcium:	35 mg
Iron:	0.37 mg



The Packaging available

Packing Options: (Can be customized)
Retail : 400g, 1 kg, 10 kg,



FROZEN Pomegranate



Our pomegranates are known for their rich antioxidant content and many health benefits. Each aril is carefully selected, sorted and frozen to preserve its freshness and quality. Whether you add them to salads, smoothies or enjoy them as a refreshing snack, our frozen pomegranates provide a convenient way to enjoy the unique taste and benefits of this fruit.

Nutrition Facts: For (100 g)

Calories:	83 kcal
Carbohydrates:	19 g
Fiber:	4 g
Sugars:	13 g
Protein:	1.7 g
Fat:	1 g
Vitamin C:	10%
Vitamin K:	16%



The Packaging available

Packing Options: (Can be customized)
Retail : 400g, 10kg,



FROZEN Broccoli



Our broccoli is harvested at peak maturity & transported immediately to our state-of-the-art facility. Each flower undergoes meticulous cleaning, bleaching & freezing to preserve its vibrant colour, fragility & nutritional safety. This careful process ensures that frozen broccoli retains its natural flavors & essential vitamins, allowing you to enjoy the goodness of this versatile vegetable. Request a quote

Nutrition Facts: For (100 g)

Calories:	34 kcal
Carbohydrates:	7 g
Protein:	3 g
Fat:	0.4 g
Fiber:	3 g
Vitamin C:	89 mg
Vitamin K:	101.6 mcg
Calcium:	47 mg
Iron:	0.7 mg



The Packaging available

Packing Options: (Can be customized)
Retail : 400g, 10kg, 25kg,



FROZEN Green Beans



Prepared from the clean sound succulent pods of fresh Green Beans plant.

Nutrition Facts: For (100 g)

Total Fat	0g
Total Carbohydrates	5g
Dietary Fiber	2g
Sugars	2g
Protein	1g
Vitamin A	2%
Vitamin C	60%
Calcium	4%
Iron	2%



The Packaging available

Packing Options: (Can be customized)

Retail : 400g X 20 Packs

Food Service : 400g / 1000g / 2500g



FROZEN Cauliflower

Prepared from fresh flower heads of Cauliflower.

Nutrition Facts: For (100 g)

Total Fat	0g
Cholesterol	0mg
Sodium	7mg
Total Carbohydrates	4g
Dietary Fiber	2g
Sugars	2g
Protein	1g
Vitamin A	1%
Vitamin C	18%
Calcium	1%
Iron	1%



The Packaging available

Packing Options: (Can be customized)

Retail : 400g X 20 Packs

Food Service : 400g / 1000g / 2500g



FROZEN Peas



Our peas are harvested at peak maturity and transported immediately to our state-of-the-art facility. Each pea undergoes meticulous cleaning, boiling and freezing to maintain its vibrant color, texture & nutritional integrity. This careful process ensures that frozen peas retain their natural sweetness & essential vitamins, allowing you to enjoy the goodness.

Nutrition Facts: For (100 g)

Calories:	81 kcal
Protein:	5.4 g
Carbohydrates:	14.5 g
Fiber:	5.1 g
Fat:	0.4 g
Vitamin C:	40 mg
Vitamin K:	24.8 mcg
Iron:	1.5 mg
Calcium:	25 mg

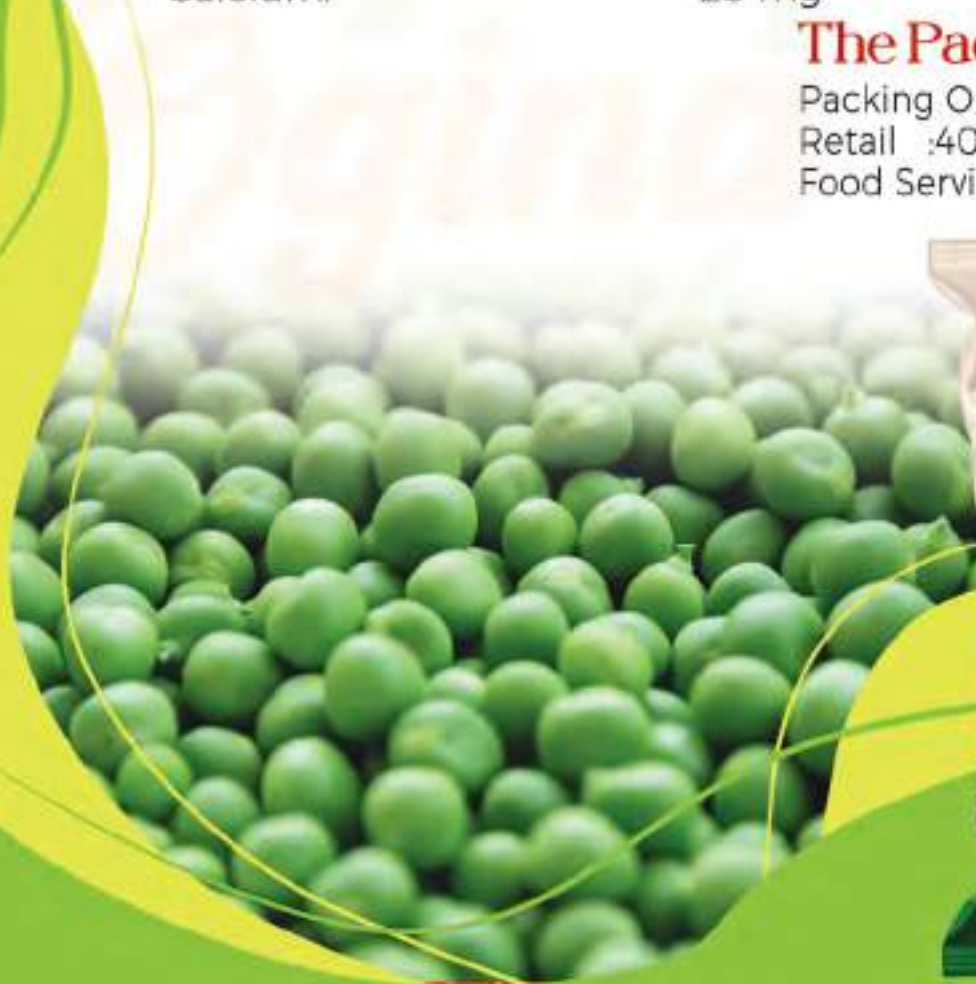


The Packaging available

Packing Options: (Can be customized)

Retail : 400g X 20 Packs

Food Service : 400g / 1000g / 2500g



FROZEN Carrots

(Crinkle - Cucumbers)



Our carrots are harvested at peak ripeness & transported immediately to our state-of-the-art facility. Each carrot undergoes meticulous cleaning, peeling and cutting into uniform pieces before being boiled to maintain its colour, texture and nutritional safety. The carrots are then flash-frozen to preserve their freshness & ensure they retain their natural flavours.

Nutrition Facts: For (100 g)

Calories:	35 kcal
Fat:	0.2 g
Sodium:	69 mg
carbs:	8 g
Dietary fiber:	2.9 g
Sugars:	4.7 g
Protein:	0.8 g



The Packaging available

Packing Options: (Can be customized)
Retail : 400g, 10kg, 25kg,



FROZEN Garlic (Chopped)



Our garlic cloves are carefully harvested & immediately transported to our state-of-the-art facility. Each clove undergoes careful peeling, cutting & freezing to preserve its natural flavour, aroma & nutritional safety. This precise process ensures that frozen garlic retains its distinctive taste and aroma, allowing you to enjoy the full essence of this wonderful ingredient.

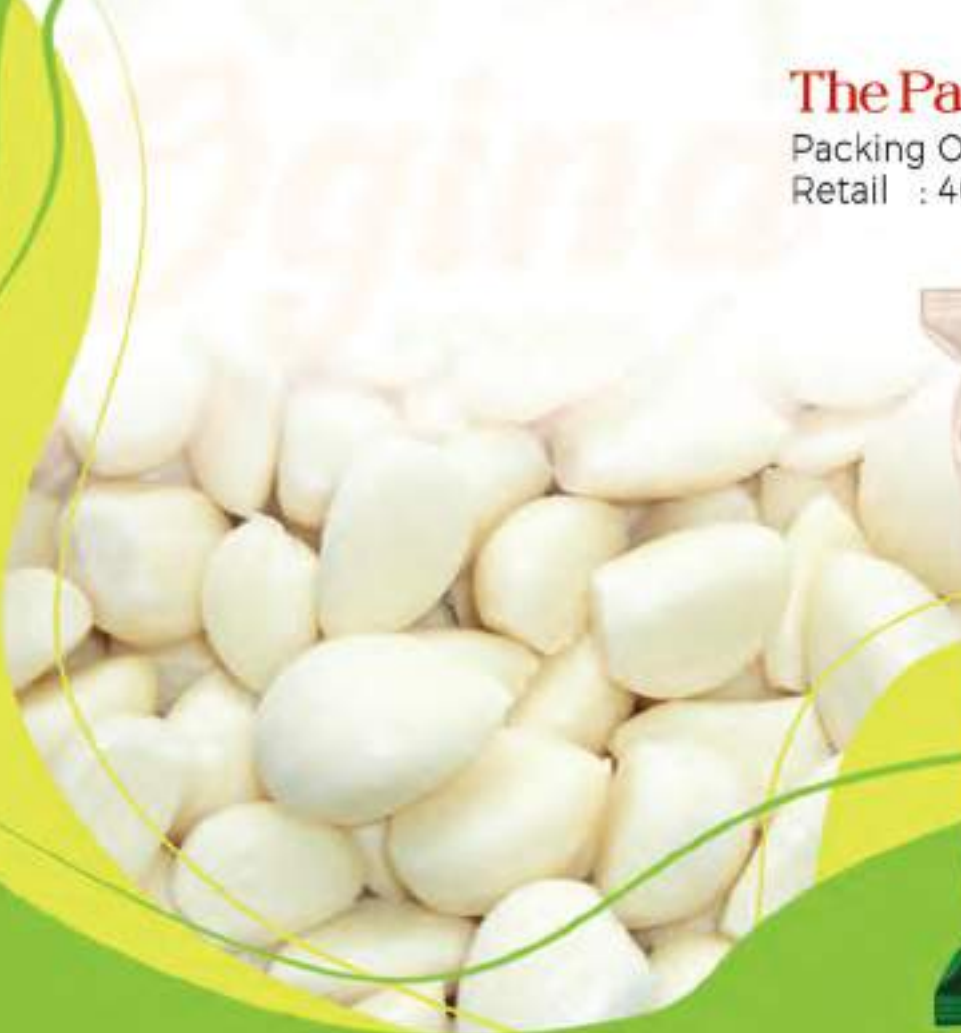
Nutrition Facts: For (100 g)

Calories:	149-149 kcal
Carbohydrates:	33.06 g
Fiber:	2.1 g
Protein:	6.36 g
Fat:	0.5 g
Vitamin C:	31%
Calcium:	181 mg
Iron:	1.7 mg



The Packaging available

Packing Options: (Can be customized)
Retail : 400g, 10kg, 25kg,



FROZEN Sweet Corn



Our sweet corn kernels are carefully selected & harvested from the finest fields, ensuring that only the highest quality corn makes it into our frozen packages. Each kernel is meticulously cleaned, parboiled & frozen to preserve its natural sweetness, vibrant yellow color & nutritional value. Whether you add it to salads, soups, stir-fries or casseroles, our frozen sweet corn is a versatile ingredient that adds a boost of flavor & texture to meals.

Nutrition Facts: For (100 g)

Calories:	15-96 kcal
Carbohydrates:	18.7-21 g
Protein:	3.4 g
Fat:	0.2-1.5 g
Fiber:	0.05-2.4 g
Vitamin C:	0-51.7%
Vitamin A:	0-1730 mg
Iron:	0-19%



The Packaging available

Packing Options: (Can be customized)
Retail : 400g, 10kg, 25kg,



FROZEN Artichokes



Prepared from fleshy part of closed artichoke blossom after removal of the base leave.

Nutrition Facts: For (85 g)

Total Fat	4g
Saturated Fat	0%
Trans Fat	0g
Cholesterol	0mg
Sodium	45mg
Total Carbohydrates	9g
Dietary Fiber	3g
Sugars	2g
Protein	3g
Vitamin A	0%
Vitamin C	6%
Calcium	2%
Iron	3%



The Packaging available

Packing Options: (Can be customized)

Retail : 400g X 20 Packs

Food Service : 400g / 1000g / 2500g



FROZEN Onions



Our onions are carefully selected & harvested at the peak of freshness, ensuring that only the highest quality onions make it into our frozen packages. Each onion is carefully peeled, cut & frozen to preserve its natural flavor & texture. Whether you sauté them, caramelize them, or add them to soups & stews, our frozen onions are a delicious ingredient that adds depth & complexity to any dish.

Nutrition Facts: For (100 g)

Calories:	13-40 kcal
Carbohydrates:	9.3 g
Fiber:	1.7 g
Protein:	1.1 g
Fat:	0.1 g
Vitamin C:	0-51.7 mg
Iron:	0-3 mg



The Packaging available

Packing Options: (Can be customized)
Retail : 400g, 10kg,



FROZEN Spinach



is available Spinach leaves Chopped spinach
Spinach cubes.

Our spinach leaves are harvested at the peak of freshness & transported immediately to our state-of-the-art facility. Each leaf undergoes careful cleaning, bleaching & freezing to maintain its vibrant green color, tender texture & nutritional safety. This careful process ensures that frozen spinach retains its natural flavors and essential vitamins, allowing you to enjoy the goodness of this versatile green leaf.

Nutrition Facts: For (100 g)

Calories:	23kcal
Protein:	2.9 g
Fat:	0.4 g
Carbohydrates:	3.6 g
Fiber:	2.2 g
Vitamin A:	187%
Vitamin C:	34%
Iron:	21%
Calcium:	10%



The Packaging available

Packing Options: (Can be customized)

Retail :400g X 20 Packs

Food Service : 400g / 1000g / 2500g



FROZEN Molokhiya



Our molokhiya leaves are carefully cleaned, boiled & frozen to preserve their freshness and nutritional safety. We ensure that our frozen molokhiya retains its vibrant green colour, delicate texture and distinctive flavour providing you with an authentic taste of traditional Egyptian cuisine.

Nutrition Facts: For (100 g)

Calories:	15-42 kcal
Carbohydrates:	2.5-6 g
Protein:	0.2-2 g
Fat:	0-1 g
Fiber:	0-4 g
Vitamin A:	0-87%
Vitamin C:	0-51.7%
Iron:	0-5%
Calcium:	2-25%



The Packaging available

Packing Options: (Can be customized)
Retail : 400g, 1 kg, 10 kg,



FROZEN Sweet Potatoes



Our sweet potatoes are harvested at the peak of freshness and transported immediately to our state-of-the-art facility. Each potato undergoes meticulous cleaning, peeling, slicing, blanching & freezing to preserve its natural sweetness, tender texture & nutritional integrity. This careful process ensures that frozen sweet potatoes retain their natural flavors & essential vitamins, allowing you to enjoy the goodness of this versatile root vegetable. (Shapes Cubes 2x2 cm)

Nutrition Facts: For (100 g)

Calories:	15-162 kcal
Carbohydrates:	20.1-37 g
Fiber:	0.05-3.9 g
Protein:	0.2-1.6 g
Fat:	0.05-0.1 g
Vitamin A:	0-1730 mg
Vitamin C:	0-51.7%
Potassium:	7-542 mg
Iron:	0-3%



The Packaging available

Packing Options: (Can be customized)
Retail : 400g, 10kg, 25kg,



FROZEN French Fries



are sourced from trusted farmers who share our commitment to quality. After a thorough inspection, the potatoes are washed, peeled and cut into uniform shapes to create the perfect French fry. The half-fried potatoes are then boiled to preserve their natural flavors and nutrients before being flash-frozen to preserve their freshness.

Shapes 10mm or 9mm or 6mm

Nutrition Facts: For (100 g)

Calories:	152 kcal
Carbohydrates:	34 g
Protein:	2 g
Fat:	0.4 gr
Fiber:	2.8 g
Vitamin C:	6.4 mg
Potassium:	429 mg



The Packaging available

Packing Options: (Can be customized)
Retail 500g, 1kg, 3kg, 5kg, 10kg,



FROZEN Mixed Vegetables



Our vegetables are cleaned, cut and individually quick frozen (IQF) to maintain their freshness and nutritional safety. We ensure our frozen mixed vegetables retain their vibrant colours, crisp texture and natural flavours, providing you with a delicious combination that enhances your dishes.

Nutrition Facts: For (100 g)

Calories:	37-6`8 kcal
Total capacity:	0.2-0.52g
Average capacity:	0-0.1g
Acids:	0-30 mg
Dietary fiber:	2.4-3.2 g
Sugars:	1.5-4.5 g
Protein:	2.2-3.33 g
Vitamin A:	0-87%
Vitamin C:	0-51.7%
Iron: 0-5% Cal:	2-25%



The Packaging available

Packing Options: (Can be customized)
Retail : 400g, 10kg, 25kg,



FROZEN Grilled Eggplant



When it comes to foods that add flavor to the table, Greenland grilled eggplant is at the top of the list. With its rich taste and delicious texture, this product is an ideal addition to many meals.

Nutrition Facts: For (100 g)

Calories:	20.50 kcal
Water:	75.69 g
Amount:	4.82 g
approximately	2.46 g
fiber	0.15 g
Protein:	0.80
Sugars:	2.89 g
Vitamin C:	1.80 mg
Vitamin B1 :	0.03 mg
Vitamin B6:	0.07 mg
Acids:	1.64 mg
Calcium:	7.38 mg
Magnesium:	11.48 mg
Phosphorus:	19.68 mg
Magnesium:	0.19 mg



The Packaging available

Packing Options: (Can be customized)

Retail : 400g, 1 kg, 10 kg.



FROZEN Apricots



Our apricots are harvested at the peak of ripeness & transported immediately to our state-of-the-art facility. Each apricot undergoes rigorous quality assurance sampling and evaluation to ensure it meets our exacting standards. The apricots are then sorted, washed & frozen to -18°C or below. This precise process preserves the natural essence & aroma of the fruit, ensuring that frozen apricots maintain their superior quality & flavour.

Nutrition Facts: For (100 g)

Calories:	48 kcal
Carbohydrates:	12 g
Fiber:	2 g
Sugars:	9 g
Protein:	1 g
Fat:	0 g
Vitamin A:	34%
Vitamin C:	10%



The Packaging available

Packing Options: (Can be customized)
Retail : 400g, 1 kg, 10 kg,



FROZEN Sweet Pepper

(Boiled frozen - without boiling - Pieces - Slices)

Our Sweet peppers are famous for their delicious taste and the ingredients contained in the peppers, which come in red, yellow and green colors.

Nutrition Facts: For (100 g)

Calories:

kcal

Antioxidants

Vitamin C

Folate



The Packaging available

Packing Options: (Can be customized)

Retail : 400g, 1 kg, 10 kg,



Grilled Capsicum Peppers



Our Red capsicum pepper, medium heat, contains large amounts of vitamin A, used in making pickles, very rich in antioxidants and anti-cancer, and a plentiful source of fiber, and also helps in weight loss.

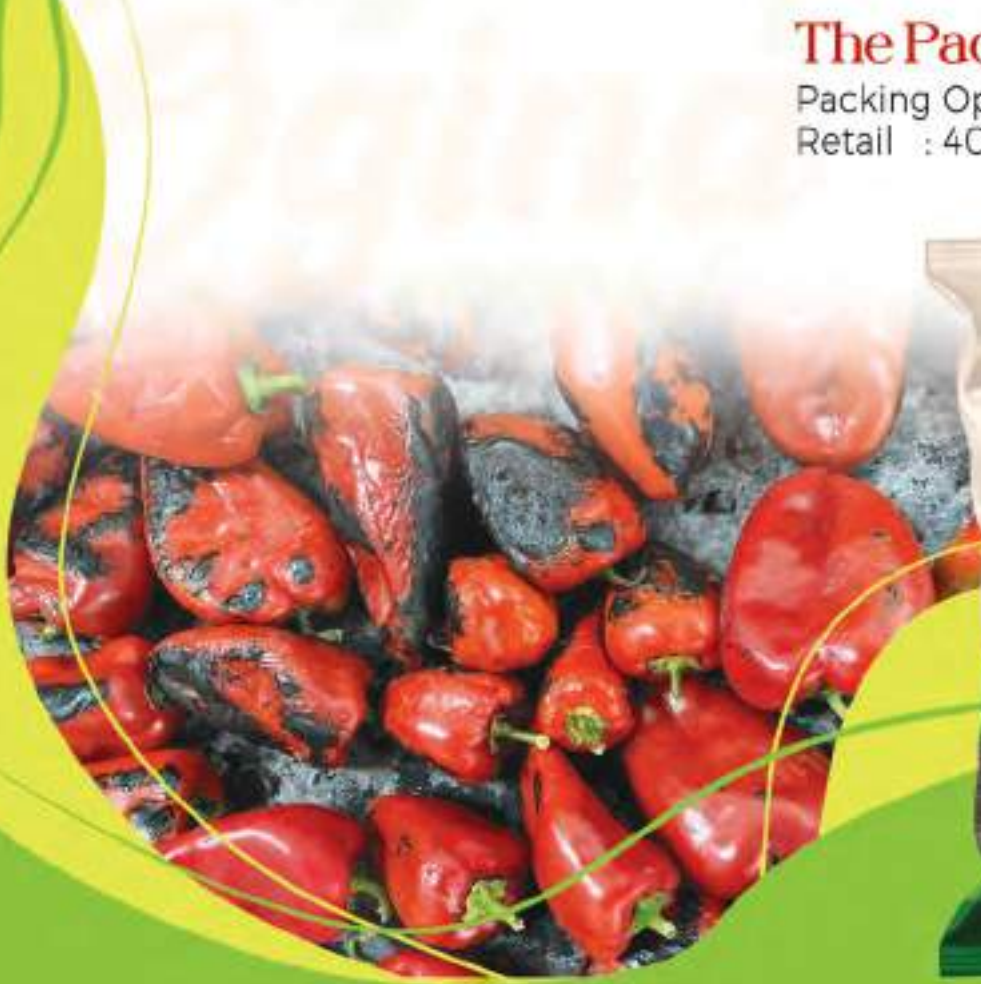
Nutrition Facts: For (100 g)

Calories:	31 Kcal
Water:	92%
Protein:	1 gram
Carbs:	6 grams
Sugar:	4.2 grams
Fiber:	2.1 grams
Fat:	0.3 grams



The Packaging available

Packing Options: (Can be customized)
Retail : 400g, 1 kg, 10 kg,





Contact Us:

For more information or to inquire about
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