



FROZEN SPINACH PUREE

1. Fine grind puree in 5/10 kg blocks
2. Coarse puree in balls and blocks

NUTRITION INFORMATION (100G)

Energy: 108kj/26kcal
Fat: 0.8g
Fat of which saturates: 0.1g
Carbohydrate : 0.5g
Carbohydrate of which sugars: 0.3g
Fibre: 2.1g
Protein: 3.1g
Salt: 0.04g



Spinach, a green-leafy vegetable is often accepted as a functional food due to the presence of health inducing nutrients and antioxidants. Spinach is extremely rich in antioxidants (beta-carotene), vitamins (A, E, C, and K) and minerals such as magnesium, manganese, calcium, phosphorus, iron, zinc, copper etc.

Swadhika foods exports premium quality frozen IQF chopped spinach and it is produced through the following process under hygienic condition. The fresh spinach are sorted, washed, manually chopped, blanched, dewatered and frozen using IQF (designed to halt microbial activities). The Frozen chopped spinach are put through a sieve, inspected, packed and fed through a metal detector and stored at -18°C.



IQF green beans/ cut Green beans are the young or immature pods of the runner bean, also commonly known as string beans or French beans. They have a delicious flavor and crunchy texture and are incredibly low-calorie. They are a great plant-based source of protein, fiber, folate, vitamin C, and vitamin K.

