



**FROZEN
FRUITS & VEGETABLES
DIVISION**

About Mansour

Mansour operations span internationally across several major industrial sectors and can be summarized into five main business divisions: automotive, capital markets, consumer and retail, industrial equipment, and services.

In relation to its global partnerships, Mansour has an unparalleled track record of successfully integrating the world's leading brands into a multitude of local territories, consistently delivering unwavering quality in all its ventures.

A name synonymous with excellence and family heritage, Mansour epitomizes the model of a successful family business that for decades has been a key player in shaping the Egyptian economy.

The Mansour success story unfolded over three gradual phases: establishment and integration into the market; attracting international brands to build successful partnerships with while introducing its own brands to Egypt; and having its eye firmly on the future - fast tracking the group to further success with its strong balance sheets and structured investment strategy.

The Mansour Group has a presence in over 100 countries around the world. Selected by Forbes in 2020 as the largest privately owned company in the Middle East/North Africa region.



SUNSHINE[®]

Frozen Vegetables & Fruits in a Nutshell

SUNSHINE[®] Frozen is a worldwide market exporter in frozen foods. We transform freshly harvested vegetables and fruits into food products that are easy to store, conserve and consume. Our products respond to the needs of modern consumers who want to enjoy healthy and tasty food, with a minimum of preparation time. We offer our customers – including retailers, food service companies and the food industry in general – a wide range of innovative and high-quality products, excellent service, and advanced logistics.

Product Range: Alongside with the stable vegetables in the market we bring in wider varieties. Our products are intended for direct consumption & for re-processing.

3 Market Segments

1. **Retail** – Frozen vegetables and fruits in a 400gm retail printed packaging for distribution and market display.
2. **Food service** – frozen vegetable and fruit products for use in the catering industry, including restaurants, hospitals and company canteens in a 2.5kg transparent polyethylene bags.
3. **B2B** – ingredients for the food industry in a 10kg packages with a blue food grade polyethylene

Our Certifications.



Strawberry

Quick frozen Strawberries (Fragaria × ananassa) prepared from the variety Festival that has great dessert and aromatic quality with consistent internal red color and excellent for freezing and thawing. Pesticide-free grown in the largest Egyptian strawberry farms of El Beheira Governorate. Cultivated in compliance with the global G.A.P. standard. Harvested manually at peak maturity, decapped and frozen straight away to maintain the highest level of quality. Whole packed strawberries with no additives intended for further processing (jams/jellies, ice-cream, yogurts, bakery).

Nutritional content:

Portion:100 g

Name	Amount	Unit
Energy	36	kcal
Protein	0	g
Total lipid (fat)	0	g
Carbohydrate, by difference	9.29	g
Fiber, total dietary	2.1	g
Sugars, total including NLEA	9.29	g
Calcium, Ca	14	mg
Iron, Fe	0.51	mg
Sodium, Na	0	mg
Vitamin C, total ascorbic acid	38.6	mg
Vitamin A, IU	0	IU
Fatty acids, total saturated	0	g
Fatty acids, total trans	0	g
Cholesterol	0	mg



Ingredients: STRAWBERRIES.

Packaging and transport:

Product	H.S Code	Available packaging	Capacity	
			20 ft Reefer	40 ft Reefer
Strawberries	0811.10	400 gm × 20 Bags	1100	2500 Cartons
Strawberries	0811.10	2.5 KGs × 4 Bags	730	1300 Cartons



French Fries Potatoes

French fries potatoes in two style cuts the regular and allumettes.

Nutritional content:

Portion:100 g

Name	Amount	Unit
Energy	130	kcal
Protein	3.7	g
Total lipid (fat)	3.5	g
Carbohydrate, by difference	20.9	g
Fiber, total dietary	12	%
Sugars, total including NLEA	2	g
Sodium, Na	15	mg
Fatty acids, total saturated	0.3	g
Fatty acids, total trans	0	g
Cholesterol	0	mg



Ingredients: Potatoes, palm oil.

Packaging and transport:

Product	H.S Code	Available packaging	Capacity	
			20 ft Reefer	40 ft Reefer
French fries	2004.10	1 kg × 10 Bags	1050	2300 Cartons
French fries	2004.10	2.5 KGs × 5 Bags	730	1300 Cartons



Broccoli

Broccoli (Brassica oleracea) one of the world’s most popular vegetables. The green florets are easy to prepare eaten either raw or cooked. Broccoli is a particularly rich source of vitamin C and vitamin K. Contents of its characteristic sulfur-containing glucosinolate compounds, isothiocyanates and sulforaphane, are better preserved by steaming, microwaving or stir-frying. Frozen it maintains those nutrients for the longest period.

Nutritional content:

Portion:100 g

Name	Amount	Unit
Energy	29	kcal
Protein	1.18	g
Total lipid (fat)	0	g
Carbohydrate, by difference	4.71	g
Fiber, total dietary	2.4	g
Sugars, total including NLEA	1.18	g
Calcium, Ca	29	mg
Iron, Fe	0	mg
Potassium, K	118	mg
Sodium, Na	18	mg
Vitamin C, total ascorbic acid	24.7	mg
Vitamin D (D2 + D3), International Units	0	IU
Fatty acids, total saturated	0	g
Fatty acids, total trans	0	g
Cholesterol	0	mg



Ingredients: BROCCOLI.

Packaging and transport:

Product	H.S Code	Available packaging	Capacity	
			20 ft Reefer	40 ft Reefer
Broccoli	0710800019	2.5 KGs × 4 Bags	730	1300 Cartons



Green Beans

Green beans (*Phaseolus vulgaris*) known by many common names, including French beans, string beans, snap beans and the French name haricot vert. Green beans are incorporated in worldwide cuisine. They can be eaten raw or steamed, boiled, stir-fried, or baked. They are a notable source of the flavonoids and antioxidants. Frozen beans can be cut or whole.

Nutritional content:

Name	Amount	Unit
Energy	37	kcal
Protein	1.23	g
Total lipid (fat)	0	g
Carbohydrate, by difference	7.41	g
Fiber, total dietary	2.5	g
Sugars, total including NLEA	1.23	g
Calcium, Ca	37	mg
Iron, Fe	0.62	mg
Potassium, K	111	mg
Sodium, Na	0	mg
Vitamin C, total ascorbic acid	3.7	mg
Vitamin A, IU	0	IU
Vitamin D (D2 + D3), International Units	0	IU
Fatty acids, total saturated	0	g
Fatty acids, total trans	0	g
Cholesterol	0	mg



Ingredients: GREEN BEANS.

Packaging and transport:

Product	H.S Code	Available packaging	Capacity	
			20 ft Reefer	40 ft Reefer
Cut Green Beans	0710800019	400 gm × 20 Bags	1100	2500 Cartons
Cut Green Beans	0710800019	2.5 KGs × 4 Bags	730	1300 Cartons



Green Peas

Green peas the seed-pod of the fruit (Pisum sativum). In Egypt, pea plant early finds date from c. 4800–4400 BC in the Nile delta area, and from c. 3800–3600 BC in Upper Egypt. Green peas are seed that come from a legume plant, but they are mostly consumed as a starchy vegetable. They’re also high in fiber and protein. Freshly picked and shelled for freeze processing.

Nutritional content:

Portion:100 g

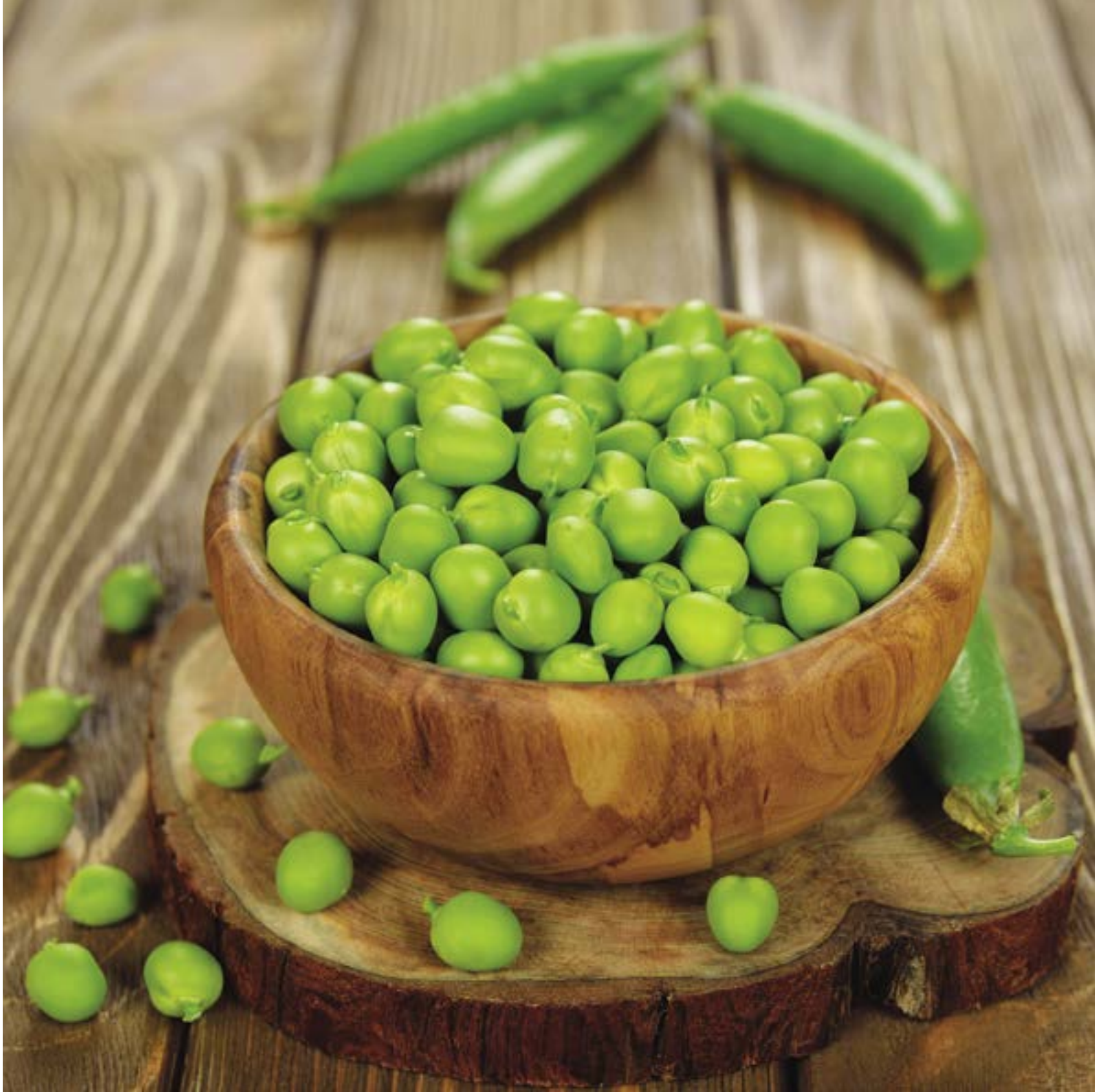
Name	Amount	Unit
Energy	79	kcal
Protein	5.62	g
Total lipid (fat)	0	g
Carbohydrate, by difference	13.48	g
Fiber, total dietary	4.5	g
Sugars, total including NLEA	4.49	g
Calcium, Ca	0	mg
Iron, Fe	1.21	mg
Sodium, Na	0	mg
Vitamin C, total ascorbic acid	6.7	mg
Vitamin A, IU	449	IU
Fatty acids, total saturated	0	g
Fatty acids, total trans	0	g
Cholesterol	0	mg



Ingredients: GREEN PEAS.

Packaging and transport:

Product	H.S Code	Available packaging	Capacity	
			20 ft Reefer	40 ft Reefer
Green Peas	0710800019	400 gm × 20 Bags	1100	2500 Cartons
Green Peas	0710800019	2.5 KGs × 4 Bags	730	1300 Cartons



Molokhia

Molokhia (*Corchorus olitorius*), also known as “Jew’s mallow” minced and frozen ready for cooking into soup or stew, traditionally made with chicken broth and usually eaten with white rice. The leaves are rich in folate, beta-carotene, iron, calcium, vitamin C and more than 32 vitamins and minerals.

Nutritional content:

Portion:100 g

Name	Amount	Unit
Energy	30	kcal
Protein	1	g
Total lipid (fat)	0	g
Carbohydrate, by difference	2	g
Fiber, total dietary	2	g
Sugars, total including NLEA	0	g
Calcium, Ca	300	mg
Iron, Fe	0.36	mg
Sodium, Na	15	mg
Vitamin C, total ascorbic acid	4.8	mg
Vitamin A, IU	200	IU
Fatty acids, total saturated	0	g
Fatty acids, total trans	0	g
Cholesterol	0	mg



Ingredients: MOLOKHIA FINLEY CHOPPED.

Packaging and transport:

Product	H.S Code	Available packaging	Capacity	
			20 ft Reefer	40 ft Reefer
Molokhia	0811.10	400 gm × 20 Bags	1100	2500 Cartons



Okra

Okra (*Abelmoschus esculentus*) known in Egypt as Bammia. The green seed pods are a good source of minerals, vitamins, antioxidants, and fiber. Graded into three sizes ranging from 0 to 4,5 cm.

Nutritional content:

Portion:100 g

Name	Amount	Unit
Energy	44	kcal
Protein	3	g
Total lipid (fat)	0	g
Carbohydrate, by difference	8	g
Fiber, total dietary	1	g
Sugars, total including NLEA	0	g
Calcium, Ca	80	mg
Iron, Fe	0.54	mg
Sodium, Na	3	mg
Vitamin C, total ascorbic acid	12	mg
Vitamin A, IU	350	IU
Fatty acids, total saturated	0	g
Cholesterol	0	mg



Ingredients: OKRA.

Packaging and transport:

Product	H.S Code	Available packaging	Capacity	
			20 ft Reefer	40 ft Reefer
Okra	0811.10	400 gm × 20 Bags	730	1300 Cartons



Artichoke

Artichokes (*Cynara cardunculus*) are low in fat, high in fiber, and loaded with vitamins and minerals like vitamin C, vitamin K, folate, phosphorus, and magnesium. They are also one of the richest sources of antioxidants. The artichoke hearts are cut and frozen ready for cooking.

Nutritional content:

Portion:100 g

Name	Amount	Unit
Energy	56	kcal
Protein	2	g
Total lipid (fat)	0	g
Carbohydrate, by difference	12	g
Fiber, total dietary	4	g
Sugars, total including NLEA	0	g
Calcium, Ca	20	mg
Iron, Fe	0.54	mg
Sodium, Na	47	mg
Vitamin C, total ascorbic acid	5.4	mg
Vitamin A, IU	150	IU
Fatty acids, total saturated	0	g
Cholesterol	0	mg



Ingredients: ARTICHOKES.

Packaging and transport:

Product	H.S Code	Available packaging	Capacity	
			20 ft Reefer	40 ft Reefer
Artichoke	0710800013	400 gm × 20 Bags	950	2400 Cartons
Artichoke	0710800013	2.5 KGs × 4 Bags	730	1300 Cartons



Broad Beans

Green broad bean (*Vicia faba*) can be eaten raw or cooked, the outer seed coat removed. Fava beans are a common staple food in the Egyptian diet, they are the primary ingredient in falafel.

Nutritional content:

Portion:100 g

Name	Amount	Unit
Energy	102	kcal
Protein	8.89	g
Total lipid (fat)	0	g
Carbohydrate, by difference	16.67	g
Fiber, total dietary	2.2	g
Sugars, total including NLEA	2.22	g
Calcium, Ca	22	mg
Iron, Fe	0.6	mg
Sodium, Na	131	mg
Vitamin C, total ascorbic acid	16.7	mg
Vitamin A, IU	111	IU
Fatty acids, total saturated	0	g
Fatty acids, total trans	0	g
Cholesterol	0	mg



Ingredients: BROAD BEANS.

Packaging and transport:

Product	H.S Code	Available packaging	Capacity	
			20 ft Reefer	40 ft Reefer
Broad Beans	0710800013	400 gm × 20 Bags	950	2400 Cartons
Broad Beans	0710800013	2.5 KGs × 4 Bags	730	1300 Cartons



Cauliflower

Cauliflower (Brassica oleracea) is highly nutritious and and versatile in cooking. The popular vegetable is popular in demand in every kitchen worldwide. Cauliflower is an essential food in vegan diets.

Nutritional content:

Portion:100 g

Name	Amount	Unit
Energy	24	kcal
Protein	1.18	g
Total lipid (fat)	0	g
Carbohydrate, by difference	4.71	g
Fiber, total dietary	1.2	g
Sugars, total including NLEA	2.35	g
Calcium, Ca	0	mg
Iron, Fe	0	mg
Potassium, K	106	mg
Sodium, Na	29	mg
Vitamin C, total ascorbic acid	17.6	mg
Vitamin D (D2 + D3), International Units	0	IU
Fatty acids, total saturated	0	g
Fatty acids, total trans	0	g
Cholesterol	0	mg



Ingredients: CAULIFLOWER.

Packaging and transport:

Product	H.S Code	Available packaging	Capacity	
			20 ft Reefer	40 ft Reefer
Cauliflower	0710800019	2.5 KGs × 4 Bags	730	1300 Cartons



Vine Leaves

Grape vine leaves (*Vitis vinifera*) commonly rolled or stuffed with mixtures of meat and rice to produce dolma, found widely in the Mediterranean, Balkans, and Middle East cuisine.

Nutritional content:

Portion:100 g

Name	Amount	Unit
Energy	93	kcal
Protein	5.6	g
Total lipid (fat)	2.1	g
Carbohydrate, by difference	17	g
Fiber, total dietary	11	g
Sugars, total including NLEA	6.3	g
Calcium, Ca	363.00	mg
Iron, Fe	2.63	mg
Potassium, K	272	mg
Sodium, Na	9.00	mg
Vitamin C, total ascorbic acid	11.1	mg
Vitamin D (D2 + D3), International Units	0	IU
Fatty acids, total saturated	0.336	g
Fatty acids, total trans	0	g
Cholesterol	0	mg



Ingredients: GRAPE VINE LEAVES.

Packaging and transport:

Product	H.S Code	Available packaging	Capacity	
			20 ft Reefer	40 ft Reefer
Vine leaves	0710800014	250 gm × 16 Bags	1100	2500 Cartons



Mixed Vegetables

They can be made up of green beans, peas and carrots or peas and carrots alone ready for dish preparation. Mixed vegetables provide maximum nutrition for full meals.

Nutritional content:

Portion:100 g

Name	Amount	Unit
Energy	52	kcal
Protein	3	g
Total lipid (fat)	0	g
Carbohydrate, by difference	10	g
Fiber, total dietary	4	g
Sugars, total including NLEA	0	g
Calcium, Ca	20	mg
Iron, Fe	0.9	mg
Sodium, Na	47	mg
Vitamin C, total ascorbic acid	10.2	mg
Vitamin A, IU	5100	IU
Fatty acids, total saturated	0	g
Cholesterol	0	mg



Ingredients: PEAS, CARROTS.

Packaging and transport:

Product	H.S Code	Available packaging	Capacity	
			20 ft Reefer	40 ft Reefer
Peas and Carrots	0710800014	400 gm × 20 Bags	1100	2500 Cartons
Peas and Carrots	0710800014	2.5 KGs × 4 Bags	730	1300 Cartons



Mixed Vegetables

They can be made up of green beans, peas and carrots or peas and carrots alone ready for dish preparation. Mixed vegetables provide maximum nutrition for full meals.

Nutritional content:

Portion:100 g

Name	Amount	Unit
Energy	75	kcal
Protein	3.75	g
Total lipid (fat)	0	g
Carbohydrate, by difference	15	g
Fiber, total dietary	5	g
Sugars, total including NLEA	3.75	g
Calcium, Ca	25	mg
Iron, Fe	0.9	mg
Sodium, Na	50	mg
Vitamin C, total ascorbic acid	4.5	mg
Vitamin A, IU	5625	IU
Fatty acids, total saturated	0	g
Fatty acids, total trans	0	g
Cholesterol	0	mg



Ingredients: CARROTS, GREEN BEANS, PEAS.

Packaging and transport:

Product	H.S Code	Available packaging	Capacity	
			20 ft Reefer	40 ft Reefer
green beans, peas and carrots	0710800014	400 gm × 20 Bags	1100	2500 Cartons
green beans, peas and carrots	0710800014	2.5 KGs × 4 Bags	730	1300 Cartons



Spinach

Spinach (*Spinacia oleracea*) is a leafy green vegetable consumed cooked or raw, it is high in oxalate content. Full of iron, calcium and vitamin K.

Nutritional content:

Portion:100 g

Name	Amount	Unit
Energy	24	kcal
Protein	2	g
Total lipid (fat)	0	g
Carbohydrate, by difference	4	g
Fiber, total dietary	3	g
Sugars, total including NLEA	1	g
Calcium, Ca	160	mg
Iron, Fe	1.98	mg
Sodium, Na	74	mg
Vitamin C, total ascorbic acid	24.6	mg
Vitamin A, IU	11750	IU
Fatty acids, total saturated	0	g
Cholesterol	0	mg



Ingredients: SPINACH.

Packaging and transport:

Product	H.S Code	Available packaging	Capacity	
			20 ft Reefer	40 ft Reefer
Spinach	0811.10	400 gm × 20 Bags	1100	2500 Cartons
Spinach	0811.10	2.5 KGs × 4 Bags	730	1300 Cartons







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