Frozen Okra

Extra · Zero · Excellent · One

Origin: Egypt

Available in Wadi ElNile, Mazraty and Fontana, or under your own brand.



Product name	Frozen Okra · WN-OK-03
Latin name	*Abelmoschus esculentus*
Brands	Wadi ElNile · Mazraty · Fontana · or buyer's private label
Freezing method	IQF (individually quick frozen)
Sizes or grades	Pod length: Extra up to 25 mm · Zero 25–35 mm · Excellent 35–45 mm · One 45–55 mm
Cut	Whole pods
Composition	Single ingredient: 100% okra
Blanched before freezing	No
Ingredients	Okra.
Ice glaze	No ice glaze (0%) — IQF pieces are frozen without a water glaze
Nutrition per 100 g	Energy 28 kcal · Total fat 0 g · Saturated fat 0 g · Trans fat 0 g · Cholesterol 0 mg · Sodium 1 mg · Total carbohydrate 6 g · Dietary fibre 3 g · Total sugars 1 g · Protein 1 g
Allergens	None. The ingredients contain no allergens. Cross-contact information on request.
Pack sizes	Retail 400 g · 1 kg | Foodservice 1 kg · 2.5 kg | Bulk 10 · 20 · 25 kg | Totes 350 · 500 kg
Carton	8 kg carton = 20 × 400 g or 8 × 1 kg · 18 × 28 × 38 cm | 10 kg carton = 4 × 2.5 kg
Pallet	120 × 100 cm · 125 cartons of 8 kg = 1 t net
Container loading	20 ft reefer: floor-loaded about 1,100 cartons · about 11 t | palletised (120 × 100 cm) about 10 pallets · about 10 t — 40 ft reefer: floor-loaded about 2,400 cartons · about 24 t | palletised (120 × 100 cm) about 20 pallets · about 20 t. Approximate; exact details are fixed at the final agreement.
Storage and shelf life	−18 °C or colder · shelf life up to 18 months · do not refreeze once thawed
HS code	0710.80 (indicative)
Spec version and review date	WN-OK-03-TS v1.2 · 2026-10-24

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Nutrition values are indicative, subject to laboratory confirmation. Final specifications and prices are confirmed in writing with each order.