Fraiza

IQF FROZEN

FRUITS & VEGETABLES

Original Taste From Egypt

Vegetables Range

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Artichokes

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

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SEASON

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
■	■	■	■	■	■					■	■

VARIETIES

- Baladi
- Violetta
- Romanesco
- Baby Artichokes

Nutrition Facts per 100 grams

Calories 27

Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	360mg	16%
Total Carbohydrate	4.6g	2%
Dietary Fiber	2.5g	9%
Total Sugars	0.8g	2%
Protein	1.7g	3%
Calcium	25mg	2%
Iron	0.8mg	5%
Potassium	0mg	0%

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Green Beans

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

SEASON

JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC

VARIETIES

- Baladi
- Plosta
- Gizerra
- Bronco
- Hama
- Valentino

Nutrition Facts per 100 grams

Calories 17

Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	12mg	1%
Total Carbohydrate	3.3g	1%
Dietary Fiber	1.7g	6%
Total Sugars	1.7g	3%
Protein	0.8g	2%
Calcium	25mg	2%
Iron	0.3mg	2%
Potassium	0mg	0%

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Broad Beans

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

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SEASON

JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC

VARIETIES

- Giza 2
- Giza 3
- Giza Blanka
- Giza 843
- Giza 846

Nutrition Facts per 100 grams

Calories 110

Total Fat	0.4g	1%
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrate	19.7g	7%
Dietary Fiber	5.4g	19%
Total Sugars	1.8g	4%
Protein	7.6g	15%
Calcium	36mg	3%
Iron	1.5mg	8%
Potassium	268mg	6%

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Soy Beans

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

SEASON

JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC

VARIETIES

- Giza 21
- Giza 22
- Giza 111
- Giza 82

Nutrition Facts per 100 grams

Calories 110

Total Fat	5g	6%
Cholesterol	0mg	0%
Sodium	6mg	0%
Total Carbohydrate	9g	3%
Dietary Fiber	5g	18%
Total Sugars	2.5g	5%
Protein	10g	20%
Calcium	60mg	5%
Iron	2.2mg	12%
Potassium	482mg	10%

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SEASON

JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC

Molokhia

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

Nutrition Facts per 100 grams

Calories 30

Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrate	2g	1%
Dietary Fiber	2g	7%
Total Sugars	0g	0%
Protein	1g	2%
Calcium	300mg	23%
Iron	0.4mg	2%
Potassium	0mg	0%

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Broccoli

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

SEASON

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
■	■	■	■								■

VARIETIES

- Belstar
- Monza
- Emperador
- Marathon

Nutrition Facts per 100 grams

Calories 34

Total Fat	0.4g	0%
Cholesterol	0mg	0%
Sodium	33mg	1%
Total Carbohydrate	6.6g	2%
Dietary Fiber	2.6g	9%
Total Sugars	1.7g	3%
Protein	2.8g	6%
Calcium	47mg	4%
Iron	0.7mg	4%
Potassium	316mg	7%

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Cauliflower

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

SEASON

JAN **FEB** MAR APR MAY JUN JUL AUG SEP OCT **NOV** **DEC**

VARIETIES

- Early Snowball
- Baladi (Local)
- Early Benisa

Nutrition Facts per 100 grams

Calories 25

Total Fat	0.3g	0%
Cholesterol	0mg	0%
Sodium	30mg	1%
Total Carbohydrate	5g	2%
Dietary Fiber	2g	7%
Total Sugars	1.9g	4%
Protein	1.9g	4%
Calcium	22mg	2%
Iron	0.4mg	2%
Potassium	299mg	6%

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Okra

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

SEASON

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
		■	■	■	■	■	■	■	■	■	

VARIETIES

- Falahi Okra
- Rumi Okra
- Red Okra

Nutrition Facts per 100 grams

Calories 33

Total Fat	0.2g	0%
Cholesterol	0mg	0%
Sodium	7mg	0%
Total Carbohydrate	7.5g	3%
Dietary Fiber	3.2g	11%
Total Sugars	1.5g	3%
Protein	1.9g	4%
Calcium	82mg	6%
Iron	0.6mg	3%
Potassium	299mg	6%

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Mushroom

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

SEASON

JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC

VARIETIES

- Pleurotus spp (Oyster)
- Agaricus bisporus

Nutrition Facts per 100 grams

Calories 22

Total Fat	0.3g	0%
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrate	3.3g	1%
Dietary Fiber	1g	4%
Total Sugars	2g	4%
Protein	3.1g	6%
Calcium	3mg	0%
Iron	0.5mg	3%
Potassium	318mg	7%

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Green Peas

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

SEASON

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
■	■	■	■	■	■	■	■				■

VARIETIES

- Egypt Snow Peas
- Sugar Snap Peas

Nutrition Facts per 100 grams

Calories 81

Total Fat	0.4g	1%
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrate	14.5g	5%
Dietary Fiber	5.7g	20%
Total Sugars	5.7g	11%
Protein	5.4g	11%
Calcium	25mg	2%
Iron	1.5mg	8%
Potassium	244mg	5%

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SEASON

JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC

VARIETIES

- Winter Queen
- Silver Queen
- Jubilee
- Sugar Buns
- Butter
- Golden Bantam
- Honey
- Incredible
- Ambrosia
- Serendipity

Sweet Corn

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

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Nutrition Facts per 100 grams

Calories 86

Total Fat	1.4g	2%
Cholesterol	0mg	0%
Sodium	15mg	1%
Total Carbohydrate	18.7g	7%
Dietary Fiber	2g	7%
Total Sugars	6.3g	13%
Protein	3.3g	7%
Calcium	2mg	0%
Iron	0.5mg	3%
Potassium	270mg	6%

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Carrots

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

SEASON

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC

VARIETIES

- Nantes
- Imperator
- Chantenay
- Danvers
- Paris Market
- Autumn King

Nutrition Facts per 100 grams

Calories 41

Total Fat	0.2g	0%
Cholesterol	0mg	0%
Sodium	69mg	3%
Total Carbohydrate	9.6g	3%
Dietary Fiber	2.8g	10%
Total Sugars	4.7g	9%
Protein	0.9g	2%
Calcium	33mg	3%
Iron	0.3mg	2%
Potassium	320mg	3%

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Taro

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

SEASON

JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC

VARIETIES

- Arbi Kofta
- Safi
- Shami
- Baladi

Nutrition Facts per 100 grams

Calories 112

Total Fat	0.2g	0%
Cholesterol	0mg	0%
Sodium	11mg	3%
Total Carbohydrate	26.5g	10%
Dietary Fiber	4.1g	15%
Total Sugars	0.4g	1%
Protein	1.5g	3%
Calcium	43mg	3%
Iron	0.6mg	3%
Potassium	591mg	13%

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SEASON

JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC

Spinach

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

Nutrition Facts per 100 grams

Calories 23

Total Fat	0.4g	1%
Cholesterol	0mg	0%
Sodium	79mg	3%
Total Carbohydrate	3.6g	1%
Dietary Fiber	2.2g	8%
Total Sugars	0.4g	1%
Protein	2.9g	6%
Calcium	99mg	8%
Iron	2.7mg	15%
Potassium	558mg	12%

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SEASON

JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC

Vine Leaves

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

Nutrition Facts per 100 grams

Calories 93

Total Fat	2.1g	3%
Cholesterol	0mg	0%
Sodium	9mg	0%
Total Carbohydrate	17g	5%
Dietary Fiber	11g	44%
Total Sugars	6g	0%
Protein	6g	12%
Calcium	390mg	36%
Iron	2.3mg	14%
Potassium	272mg	7%

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Mixed Vegetables

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

Nutrition Facts per 100 grams

Calories 70

Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	45mg	2%
Total Carbohydrate	14g	5%
Dietary Fiber	3g	12%
Total Sugars	4g	7%
Protein	2g	4%
Calcium	22mg	2%
Iron	0.4mg	2%
Potassium	0mg	0%

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Vegetable Stir Fry

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

Nutrition Facts per 100 grams

Calories 47

Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	47mg	2%
Total Carbohydrate	9.4g	3%
Dietary Fiber	3.5g	13%
Total Sugars	3.5g	7%
Protein	2.4g	5%
Calcium	32mg	2%
Iron	1.2mg	7%
Potassium	231mg	5%

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Vegetable Soup Mix

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

Nutrition Facts per 100 grams

Calories 28

Total Fat	0.8g	1%
Cholesterol	0mg	0%
Sodium	338mg	15%
Total Carbohydrate	4.9g	2%
Dietary Fiber	0.3g	1%
Total Sugars	1.6g	3%
Protein	0.9g	2%
Calcium	10mg	1%
Iron	0.4mg	2%
Potassium	86mg	2%

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Peas & Carrots

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

Nutrition Facts per 100 grams

Calories 53

Total Fat	0.5g	1%
Cholesterol	0mg	0%
Sodium	79mg	3%
Total Carbohydrate	11.2g	4%
Dietary Fiber	3.4g	12%
Total Sugars	0g	0%
Protein	3.4g	7%
Calcium	27mg	2%
Iron	1.1mg	6%
Potassium	194mg	4%

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SEASON

JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC

VARIETIES

- White
- Red
- Golden Onion

Onion (Whole)

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

Nutrition Facts per 100 grams

Calories 81

Total Fat	0.01g
Cholesterol	0mg
Sodium	4mg
Total Carbohydrate	9g
Dietary Fiber	1.76g
Total Sugars	4.2g
Protein	1.1g
Calories	40mg
Iron	1mg
Potassium	146mg

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Minced Onion

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

SEASON

JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC

VARIETIES

- White
- Red
- Golden Onion

Nutrition Facts per 100 grams

Calories 81

Total Fat	0.01g
Cholesterol	0mg
Sodium	4mg
Total Carbohydrate	9g
Dietary Fiber	1.76g
Total Sugars	4.2g
Protein	1.1g
Calories	40mg
Iron	1mg
Potassium	146mg

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SEASON

JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC

VARIETIES

- White
- Red
- Golden Onion

Onion Rings

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

Nutrition Facts per 100 grams

Calories 81

Total Fat	0.01g
Cholesterol	0mg
Sodium	4mg
Total Carbohydrate	9g
Dietary Fiber	1.76g
Total Sugars	4.2g
Protein	1.1g
Calories	40mg
Iron	1mg
Potassium	146mg

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SEASON

JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC

VARIETIES

- White
- Red

Garlic Cloves

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

Nutrition Facts per 100 grams

Calories 81

Total Fat	0.02g
Cholesterol	0mg
Sodium	0.51mg
Total Carbohydrate	0.99g
Dietary Fiber	0.06g
Total Sugars	0.03g
Protein	0.19g
Calcium	5.43mg
Iron	0.05mg
Potassium	12.03mg

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SEASON

JAN | FEB | MAR | APR | MAY | JUN | JUL | AUG | SEP | OCT | NOV | DEC

VARIETIES

- White
- Red

Minced Garlic

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

Nutrition Facts per 100 grams

Calories 81

Total Fat	0.02g
Cholesterol	0mg
Sodium	0.51mg
Total Carbohydrate	0.99g
Dietary Fiber	0.06g
Total Sugars	0.03g
Protein	0.19g
Calcium	5.43mg
Iron	0.05mg
Potassium	12.03mg

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French Fries

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

SEASON

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC

VARIETIES

- Spunta
- Lady Rosetta
- Diamant
- Hermes
- Nicola
- Atlantic
- Spunta
- Mondial

Nutrition Facts per 100 grams

Calories 161

Total Fat	5.1g	7%
Cholesterol	0mg	0%
Sodium	391mg	17%
Total Carbohydrate	27.5g	10%
Dietary Fiber	2.3g	8%
Total Sugars	0.3g	1%
Protein	2.5g	5%
Calcium	13mg	1%
Iron	0.8mg	4%
Potassium	471mg	10%

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FRENZY

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PRE-FRIED FROZEN POTATOES

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Green Fields, Working with a mission to advance and diversify the food industry regionally and globally. Specializes in producing a broad array of frozen food products.These include Pre-fried Frozen Potatoes, Coated and/or Seasoned Fries, Potato Specialties. The group, comprising multiple companies, engages in various facets of the food industry, spanning from design, manufacturing, trading, and supply of food service equipment to turnkey projects. We offer a comprehensive range of products such as cooking equipment, bakery equipment, cafeteria equipment, cold lines, sandwich panels, convection ovens, combi steamers, pizza ovens,fast food solutions, and computerized operated digital fryers. Moreover, we specialize in designing, manufacturing, supplying, and installing food processing lines and packaging machines with diverse capacities and product types, catering to both regional and global markets.

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Watermelon

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

SEASON

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
				■	■	■	■				

VARIETIES

- Escatta

Nutrition Facts per 100 grams

Calories 30

Total Fat	0.2g	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrate	7.6g	3%
Dietary Fiber	0.4g	1%
Total Sugars	6.2g	12%
Protein	0.6g	1%
Calcium	7mg	1%
Iron	0.2mg	1%
Potassium	112mg	2%

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Figs

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

SEASON

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
					●	●	●	●	●		

VARIETIES

- Barshoumi
- Kahramany
- Aboudi
- Assouany
- Koummasi
- Adassi
- Abiad
- Sultani
- Hava

Nutrition Facts per 100 grams

Calories 74

Total Fat	0.3g	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrate	19.2g	7%
Dietary Fiber	2.9g	10%
Total Sugars	16.3g	33%
Protein	0.8g	2%
Calcium	35mg	3%
Iron	0.4mg	2%
Potassium	232mg	5%

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Pomegranate

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

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SEASON

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC

VARIETIES

- Baladi
- Early 116
- Wonderful
- Manfaluti

Nutrition Facts per 100 grams

Calories 83

Total Fat	1.2g	2%
Cholesterol	0mg	0%
Sodium	3mg	0%
Total Carbohydrate	18.7g	7%
Dietary Fiber	4g	14%
Total Sugars	13.7g	27%
Protein	1.7g	3%
Calcium	10mg	1%
Iron	0.3mg	2%
Potassium	236mg	5%

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Blackberries

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

Nutrition Facts per 100 grams

Calories 43

Total Fat	0.5g	1%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrate	9.6g	3%
Dietary Fiber	5.3g	19%
Total Sugars	4.9g	10%
Protein	1.4g	3%
Calcium	29mg	2%
Iron	0.6mg	3%
Potassium	162mg	3%

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Blueberries

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

Nutrition Facts per 100 grams

Calories 57

Total Fat	0.3g	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrate	14.5g	5%
Dietary Fiber	2.4g	9%
Total Sugars	10g	20%
Protein	0.7g	1%
Calcium	6mg	0%
Iron	0.3mg	2%
Potassium	77mg	2%

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Redberries

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

Nutrition Facts per 100 grams

Calories 355

Total Fat	0g	0%
Cholesterol	0mg	0%
Sodium	613mg	27%
Total Carbohydrate	87.1g	32%
Dietary Fiber	9.7g	35%
Total Sugars	29g	58%
Protein	6.5g	13%
Calcium	0mg	0%
Iron	26.1mg	145%
Potassium	226mg	5%

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Cantaloupe

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

SEASON

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
				■	■	■	■	■			

VARIETIES

- Galia
- Goldstone

Nutrition Facts per 100 grams

Calories 34

Total Fat	0.2g	0%
Cholesterol	0mg	0%
Sodium	16mg	1%
Total Carbohydrate	8.2g	3%
Dietary Fiber	0.9g	3%
Total Sugars	7.9g	16%
Protein	0.8g	2%
Calcium	9mg	1%
Iron	0.2mg	1%
Potassium	267mg	6%

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Apricot

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

SEASON

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
				●	●	●					

VARIETIES

- Sweet

Nutrition Facts per 100 grams

Calories 48

Total Fat	0.4g	1%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrate	11.1g	4%
Dietary Fiber	2g	7%
Total Sugars	9.2g	18%
Protein	1.4g	3%
Calcium	13mg	1%
Iron	0.4mg	2%
Potassium	259mg	6%

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Grapes

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

SEASON

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
				●	●	●	●	●			

VARIETIES

- Early Sweet
- Crimson
- Flame
- Red Globe
- Prime Superior

Nutrition Facts per 100 grams

Calories 67

Total Fat	0.4g	1%
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrate	17.2g	6%
Dietary Fiber	0.9g	3%
Total Sugars	16.3g	33%
Protein	0.6g	1%
Calcium	14mg	1%
Iron	0.3mg	2%
Potassium	191mg	4%

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Mangoes

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

SEASON

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
			●	●	●	●	●	●	●	●	

VARIETIES

- Zebda
- Fagri Kalan
- Ewais
- Tymor
- Indian
- Alfons
- Sukaria
- Kihat
- Senara

Nutrition Facts per 100 grams

Calories 60

Total Fat	0.4g	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrate	15g	5%
Dietary Fiber	1.6g	6%
Total Sugars	13.7g	27%
Protein	0.8g	2%
Calcium	11mg	1%
Iron	0.2mg	1%
Potassium	168mg	6%

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Guava

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

SEASON

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
			●	●	●	●	●	●	●		

VARIETIES

- Barakat
- Ezz
- Balady
- Nazlet-Hanna
- Kafr El-Gazar

Nutrition Facts per 100 grams

Calories 68

Total Fat	0.3g	1%
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrate	14.3g	5%
Dietary Fiber	5.4g	19%
Total Sugars	8.9g	18%
Protein	2.6g	5%
Calcium	18mg	1%
Iron	0.3mg	1%
Potassium	417mg	9%

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Strawberries

Nutrition Facts

Serving Size: 400g
Serving Per: 2/3 Cup

SEASON

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC

VARIETIES

- Delta
- Festival
- Florida Elyana
- Fortuna
- Red Merlin
- Sonsation
- Vienna
- Winter Star

Nutrition Facts per 100 grams

Calories 32

Total Fat	0.3g	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrate	7.7g	3%
Dietary Fiber	2g	7%
Total Sugars	4.9g	10%
Protein	0.7g	1%
Calcium	16mg	1%
Iron	0.4mg	2%
Potassium	153mg	3%

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