



who we are

We are a start-up company works at the Manufacturing of frozen vegetables & fruits We are very keen with every detail in the Process of production, packaging and Exporting to meet the best standard of Frozen foods in Quality, Nutrition and price.

VegieTut

Let's begin our journey....



Vision & Mission



Mission: our target is to provide every family in every where in the world with the kind of taste they expected With a great value of healthy nutrition.

Vision: to be a basic kind of food and nutrition for every captia in the whole world, known with its finest level of quality with affordable prices which is suitable for all customer categories.

Vegielut



PEAS

Description

The best quality of peas are selected and processed at the beginning of the season when they are fresh having high concentration of sugar.

Storage

Deep-freeze store (-18°C).
For not more than 18 months.
Refreezing is not allowed.

Packs

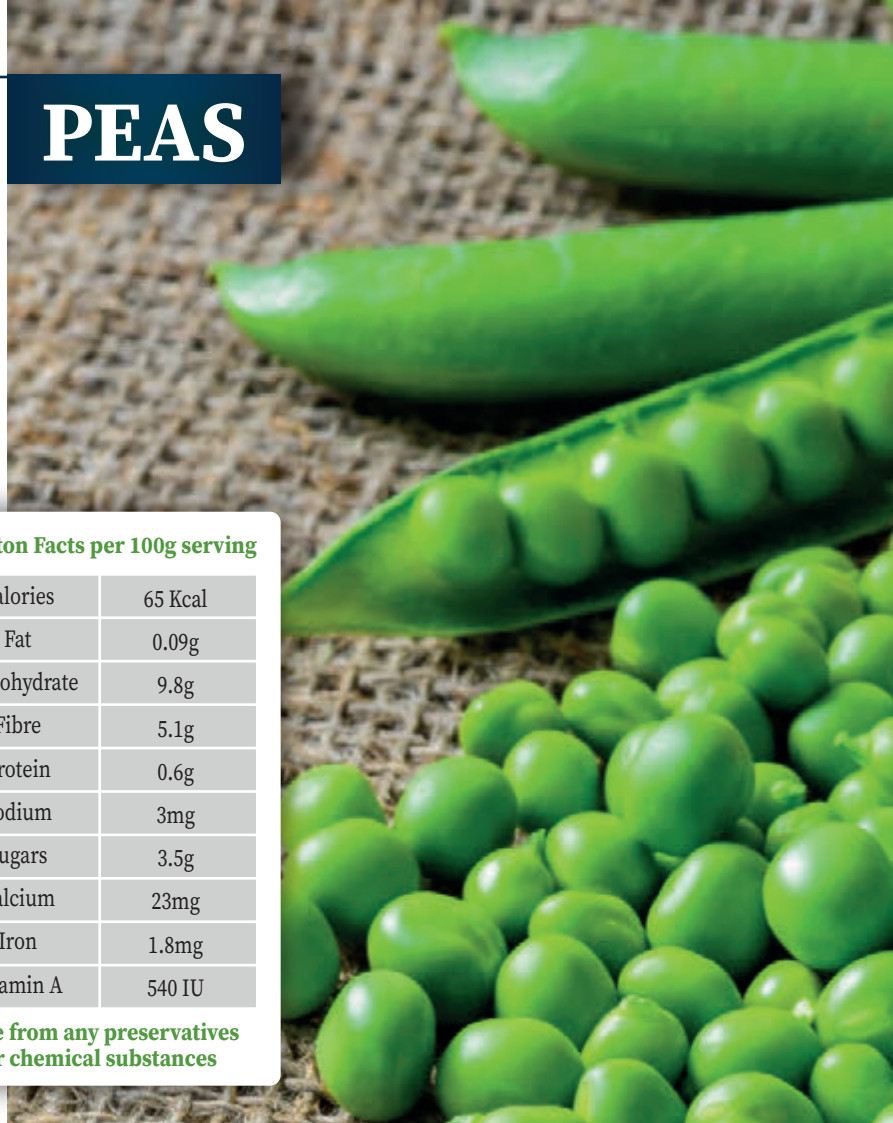
400gm, 1kg, 2kg, 2.5kg,
bulk 10kg



Nutrition Facts per 100g serving

Calories	65 Kcal
Fat	0.09g
Carbohydrate	9.8g
Fibre	5.1g
Protein	0.6g
Sodium	3mg
Sugars	3.5g
Calcium	23mg
Iron	1.8mg
Vitamin A	540 IU

Free from any preservatives
or chemical substances



PEAS & CARROTS

Description

We select the best quality of fresh peas and carrots. Vegie Tut implements the peas and carrots production process at the beginning of the season when they are fresh, and have a high concentration of sugar.

Storage

Deep-freeze store (-18°C).
For not more than 18 months.
Refreezing is not allowed.

Packs

400gm, 1kg, 2kg, 2.5kg,
bulk 10kg



Nutrition Facts per 100g serving

Calories	50 Kcal
Fat	1.34g
Carbohydrate	13.67g
Protein	9.66g
Sodium	224.4mg
Vitamin C	34.8mg
Sugars	14.6g
Calcium	78.68mg
Iron	3.1mg
Vitamin A	2697 IU

**Free from any preservatives
or chemical substances**

MIXED VEGETABLES

Description

Vegie Tut selects the best quality of fresh Peas, Carrots and Green Beans. Vegie Tut implements mixed vegetables production process at the beginning of the season when they are fresh, tender, having high concentration of sugar.

Storage

Deep-freeze store (-18°C).
For not more than 18 months.
Refreezing is not allowed.

Packs

400gm, 1kg, 2kg, 2.5kg,
bulk 10kg



Nutrition Facts per 100g serving

Calories	45 Kcal
Fat	0.09g
Carbohydrate	6.9g
Protein	3g
Sodium	50mg
Vitamin C	0.7mg
Sugars	6g
Calcium	516mg
Iron	1.8mg
Vitamin A	6000 IU

**Free from any preservatives
or chemical substances**



OKRA

Sizes

Extra: till 2.5cm Zero: 2.5 : 3.5cm
Excellent: 3.5 : 4.5cm

Description

The best quality of Okra are selected and processed at the beginning of the season then we divide it to grades according to size.

Storage

Deep-freeze store (-18°C).
For not more than 18 months.
Refreezing is not allowed.

Packs

400gm, 1kg, 2kg, 2.5kg,
bulk 10kg

Nutrition Facts per 100g serving

Calories	44 Kcal
Fat	0.25g
Carbohydrate	6.63g
Fibre	2.2g
Protein	1.69g
Sodium	3mg
Vitamin C	12.4mg
Sugars	2.97g
Calcium	81mg
Iron	0.57mg
Vitamin A	350 IU

Free from any preservatives
or chemical substances



GREEN BEANS

Description

Vegie Tut green beans are known for being fresh, tender, free of veins and especially tasty. Manufacturing is carried out in two methods: Whole beans, Cut beans

Nutrition Facts per 100g serving

Calories	89 Kcal
Fat	0.03g
Carbohydrate	17g
Crude Fibre	5.2g
Protein	5.3g
Sodium	7mg
Vitamin C	0.7mg
Sugars	1.5g
Vitamin A	385 IU

**Free from any preservatives
or chemical substances**

Storage

Deep-freeze store (-18°C).
For not more than 18 months.
Refreezing is not allowed.

Packs

400gm, 1kg, 2kg, 2.5kg,
bulk 10kg



BROAD BEANS

Description

Vegie Tut selects the best quality of fresh Broad Beans. Vegie Tut implements Broad Beans production process at the beginning of the season when they are fresh, tender and having high concentration of sugar.

Storage

Deep-freeze store (-18°C).
For not more than 18 months.
Refreezing is not allowed.

Packs

400gm, 1kg, 2kg, 2.5kg



Nutrition Facts per 100g serving

Calories	44 Kcal
Fat	0.04g
Carbohydrate	8g
Fibre	4.2g
Protein	6g
Sodium	20mg
Vitamin C	40.1mg
Sugars	0.6g
Vitamin A	1118 IU
Calcium	51mg

**Free from any preservatives
or chemical substances**

MOLOKHIA

Description

Molokhoia is one of the most famous product of Vegie Tut. The fresh leaves are pulled and cut by the most updated technologies and techniques. Vegie Tut Molokiha is known for it's lively green color and tasty flavor.

Storage

Deep-freeze store (-18°C).
For not more than 18 months.
Refreezing is not allowed.

Packs

400gm

Nutriton Facts per 100g serving

Calories	42 Kcal
Fat	0.02g
Carbohydrate	6.5g
Crude Fibre	1.3g
Protein	1.7g
Sodium	45mg
Vitamin C	16mg
Vitamin A	12500 IU

**Free from any preservatives
or chemical substances**



SPINACH

Description

Spinach is one of the most famous products of Vegie Tut. Only leaves are used in processing high quality Spinach.

Nutrition Facts per 100g serving

Calories	36 Kcal
Fat	0.03g
Carbohydrate	7g
Crude Fibre	2.7g
Protein	1.3g
Sodium	25mg
Vitamin C	25mg
Sugars	0.8g
Calcium	93mg
Iron	2.2mg
Vitamin A	8000 IU

Free from any preservatives
or chemical substances

Storage

Deep-freeze store (-18°C).
For not more than 18 months.
Refreezing is not allowed.

Packs

400gm



ARTICHOKE

Description

Artichoke is one of the outstanding products of Vegie Tut. Artichoke is selected and processed by the most advanced techniques a defect-free product free of any additives or chemicals is guaranteed.

Storage

Deep-freeze store (-18°C).
For not more than 18 months.
Refreezing is not allowed.

Packs

400gm, 1kg, 2kg, 2.5kg,
bulk 10kg



Nutrition Facts per 100g serving

Calories	42 Kcal
Fat	0.02g
Carbohydrate	8.1g
Crude Fibre	2.7g
Protein	4g
Sodium	14mg
Vitamin C	0.65mg
Calcium	115mg
Iron	1.9mg
Vitamin A	263 IU

**Free from any preservatives
or chemical substances**



VINE LEAVES

Description

Vegie Tut selects the best quality of fresh Vine Leaves. Vegie Tut implements the Vine Leaves production process at the beginning of the season when they are fresh, palatable and marked by high quality.

Nutrition Facts per 100g serving

Calories	12 Kcal
Fat	0.2g
Carbohydrate	3g
Crude Fibre	11g
Protein	1.4g
Sodium	2mg
Vitamin C	0.4mg
Sugars	0.3g
Calcium	363mg
Iron	0.21mg

Free from any preservatives
or chemical substances

Storage

Deep-freeze store (-18°C).
For not more than 18 months.
Refreezing is not allowed.

Packs

250gm



COLCASIA

Description

Vegie Tut Colcasia is known by its excellent quality (each pack contains the garnish needed for cooking).

Storage

Deep-freeze store (-18°C).
For not more than 18 months.
Refreezing is not allowed.

Packs

400gm, 1kg, 2kg, 2.5kg,
bulk 10kg

Nutrition Facts per 100g serving

Calories	12 Kcal
Fat	0.2g
Carbohydrate	3g
Fibre	11g
Protein	1.4g
Sodium	2mg
Vitamin C	0.4mg
Sugars	0.3g
Calcium	17mg
Iron	0.21mg

**Free from any preservatives
or chemical substances**



CAULIFLOWER

Description

Cauliflower proved to be highly demanded due to its nutritional value. Processing is being executed by the most modern techniques to preserve its good shape and taste.

Nutrition Facts per 100g serving

Calories	89 Kcal
Fat	0.03g
Carbohydrate	17g
Fibre	5.2g
Protein	5.3g
Sodium	7mg
Vitamin C	0.7mg
Sugars	1.5g

Free from any preservatives
or chemical substances

Storage

Deep-freeze store (-18°C).
For not more than 18 months.
Refreezing is not allowed.

Packs

400gm, 1kg, 2kg, 2.5kg,
bulk 10kg



BROCCOLI

Description

Broccoli proved to be a highly demanded product due to its nutritional value. Processing is being executed by the most modern techniques to preserve its good shape and length of stems.

Storage

Deep-freeze store (-18°C).
For not more than 18 months.
Refreezing is not allowed.

Packs

400gm, 1kg, 2kg, 2.5kg,
bulk 10kg

Nutriton Facts per 100g serving

Calories	37 Kcal
Fat	0.5g
Carbohydrate	8.3g
Fibre	0.3g
Protein	0.8g
Sodium	0.2mg
Vitamin C	0.6mg
Sugars	4.5g
Calcium	28mg
Iron	0.8mg

**Free from any preservatives
or chemical substances**



FLAFEL

Description

Falafel is the product resulting from mincing a mixture of dry, scaled broad beans, previously soaked in water flavoured with vegetables and spices for a suitable period. This process gives a good flavour to our Falafel.

Nutrition Facts per 100g serving

Calories	70 Kcal
Fat	0.05g
Carbohydrate	9.8g
Crude Fibre	3.2g
Protein	6g
Sodium	25mg
Vitamin C	0.05mg
Sugars	7g
Calcium	0.39mg
Iron	0.27mg
Vitamin A	11000 IU

**Free from any preservatives
or chemical substances**

Manufacturing is carried out in two methods: Half fried Falafel, Falafel Paste

Storage

Deep-freeze store (-18°C).
For not more than 18 months.
Refreezing is not allowed.

Packs

400gm, 1kg, 2kg, 2.5kg,
bulk 10kg



STRAWBERRY

Description

A wide spectrum of strawberries is planted in Egypt. At the factory, strawberries are processed and then stored in cold stores to maintain the nutritional properties.



Storage

Deep-freeze store (-18°C).
For not more than 18 months.
Refreezing is not allowed.

Packs

400gm, 1kg, 2kg, 2.5kg,
bulk 10kg

Nutrition Facts per 100g serving

Calories	37 Kcal
Fat	0.5g
Carbohydrate	8.3g
Fibre	0.3g
Protein	0.8g
Sodium	0.2mg
Vitamin C	0.6mg
Sugars	4.5g
Calcium	28mg
Iron	0.8mg

**Free from any preservatives
or chemical substances**

MANGO

Description

A wide spectrum of Mangos is planted in Egypt. At the factory, Mangos are processed and then stored in cold stores to maintain the nutritional properties.

Storage

Deep-freeze store (-18°C).
For not more than 18 months.
Refreezing is not allowed.

Packs

400gm, 1kg, 2kg, 2.5kg,
bulk 10kg

Nutrition Facts per 100g serving

Calories	37 Kcal
Fat	0.5g
Carbohydrate	8.3g
Fibre	0.3g
Protein	0.8g
Sodium	0.2mg
Vitamin C	0.6mg
Sugars	4.5g
Calcium	28mg
Iron	0.8mg

**Free from any preservatives
or chemical substances**





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