



FROM OUR BOUNTIFUL LANDS,
TO YOUR HANDS
EXPLORE THE WORLD
AT YOUR TABLE.

CATALOG



Why Us?

Minnesota Smile™ is a family-owned business dedicated to health & happiness.

Our artisanal goods are made with the purest form of ingredients, ensuring the highest nutritional value possible.

Our mission is to provide authentic tastes from many corners of the world to every table on the planet.

- Products sourced from all over the world, including Mediterranean, Europe, USA*
- Natural, non-GMO premium fruits & vegetables using minimal ingredients to maximize nutritional value*
- Generations of traditional recipes combined with innovative methods aimed to inspire the soul*
- Maintain food standards established by the European Union*
- Exceed customer expectations with total commitment to satisfaction*

We invite you to join us in exploring The flavors of Minnesota Smile.™

Satisfaction is guaranteed, always.



Olives

Olives





Olives



Green Olives



Black Olives

98.73 Oz - (2800g)

NUTRITION FACTS	
126 servings per container	
Serving size	About (15g)
Amount Per Serving	
Calories	25
<small>% Daily Value*</small>	
Total Fat 2g	3%
Saturated Fat 0.5g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290g	13%
Total Carbohydrate 0g	0%
Dietary Fiber 1g	2%
Total Sugars 0g	
Includes 0g added sugar	0%
Protein 0g	
Vitamin D 0mg	0%
Calcium 7mg	0%
Iron 0.4mg	2%
Potassium 6mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Item #Mo202 (4) Box



Item #Mo200 (4) Box

98.73 Oz - (2800g)

NUTRITION FACTS	
126 servings per container	
Serving size	About (15g)
Amount Per Serving	
Calories	25
<small>% Daily Value*</small>	
Total Fat 2g	3%
Saturated Fat 0.5g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290g	13%
Total Carbohydrate 0g	0%
Dietary Fiber 1g	2%
Total Sugars 0g	
Includes 0g added sugar	0%
Protein 0g	
Vitamin D 0mg	0%
Calcium 7mg	0%
Iron 0.4mg	2%
Potassium 6mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



21.16 Oz - (600g)

NUTRITION FACTS	
126 servings per container	
Serving size	About (15g)
Amount Per Serving	
Calories	25
<small>% Daily Value*</small>	
Total Fat 2g	3%
Saturated Fat 0.5g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290g	13%
Total Carbohydrate 0g	0%
Dietary Fiber 1g	2%
Total Sugars 0g	
Includes 0g added sugar	0%
Protein 0g	
Vitamin D 0mg	0%
Calcium 7mg	0%
Iron 0.4mg	2%
Potassium 6mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Item #Mo203 (12) Box



Item #Mo201 (12) Box

21.16 Oz - (600g)

NUTRITION FACTS	
27 servings per container	
Serving size	About (15g)
Amount Per Serving	
Calories	25
<small>% Daily Value*</small>	
Total Fat 2g	%
Saturated Fat 0.5g	%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290g	13%
Total Carbohydrate 0g	0%
Dietary Fiber 1g	%
Total Sugars 0g	
Includes 0g added sugar	%
Protein 0g	
Vitamin D 0mg	%
Calcium 7mg	%
Iron 0.4mg	%
Potassium 6mg	%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



INGREDIENTS:
Green Olives, Water, Salt, Lemon, Pepper, Citric acid.

INGREDIENTS:
Black Olive, Salt, Water.



Olives



Green Olives Salad



Item #Mo211 (12) Box

23 Oz - (640g)

NUTRITION FACTS	
27 servings per container	
Serving size	About (15g)
Amount Per Serving	
Calories	20
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290g	13%
Total Carbohydrate 1g	1%
Dietary Fiber 1g	2%
Total Sugars 0g	
Includes 0g added sugar	0%
Protein <0g	
Vitamin D 0mcg	0%
Calcium 19mcg	0%
Iron 0.8mcg	4%
Potassium 13mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

7 60354 45020 2

INGREDIENTS:
Green Olives, Carrots, Capsicum, Lemon, Sunflower Oil, Thyme, Salt.



Black Olives Sliced



Green Olives Sliced

21.16 Oz - (600g)

NUTRITION FACTS	
27 servings per container	
Serving size	3 pieces (15g)
Amount Per Serving	
Calories	20
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	1%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 290mg	13%
Total Carbohydrate 0g	0%
Dietary Fiber <1g	2%
Total Sugars 0g	
Includes 0g added sugar	0%
Protein <1g	
Vitamin D 0mg	0%
Calcium 7mg	0%
Iron 0.4mg	2%
Potassium 6mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

0 613460 834469



Item #Mo209 (12) Box



Item #Mo208 (12) Box

23 Oz - (640g)

NUTRITION FACTS	
27 servings per container	
Serving size	About (15g)
Amount Per Serving	
Calories	25
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290g	13%
Total Carbohydrate 0g	0%
Dietary Fiber 1g	2%
Total Sugars 0g	
Includes 0g added sugar	0%
Protein 0g	
Vitamin D 0mg	0%
Calcium 7mg	0%
Iron 0.4mg	2%
Potassium 6mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

7 60354 45019 6

INGREDIENTS:
Black Olive, Salt, Water.

INGREDIENTS:
Green Olives, Salt, Water.

Minnesota SmileTM

Keep your taste healthy

Olives



Mixed Stuffed Olives

21.16 Oz - (600g)

NUTRITION FACTS	
27 servings per container	
Serving size	About (15g)
Amount Per Serving	
Calories	20
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290g	13%
Total Carbohydrate 1g	1%
Dietary Fiber 1g	2%
Total Sugars 0g	0%
Includes 0g added sugar	0%
Protein <0g	
Vitamin D 0mcg	0%
Calcium 19mcg	0%
Iron 0.8mcg	4%
Potassium 13mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Item #Mo205 (12) Box

INGREDIENTS:

Green Olives, Red Pepper, Lemon, Carrots, Thyme, Water, Salt, Citric Acid.



Red Pepper Stuffed Olives

21.16 Oz - (600g)

NUTRITION FACTS	
27 servings per container	
Serving size	About (15g)
Amount Per Serving	
Calories	20
Total Fat 1.5g	2%
Saturated Fat 1g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210g	13%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	2%
Total Sugars 1g	0%
Includes 0g added sugar	0%
Protein <1g	
Vitamin D 0mg	0%
Calcium 19mg	0%
Iron 0.8mcg	4%
Potassium 13mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Item #Mo206 (12) Box

INGREDIENTS:

Green Olives, Red Pepper, Water, Salt, Citric Acid.



Thyme Stuffed Olives

21.16 Oz - (600g)

NUTRITION FACTS	
27 servings per container	
Serving size	About (15g)
Amount Per Serving	
Calories	20
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290g	13%
Total Carbohydrate 1g	1%
Dietary Fiber 1g	2%
Total Sugars 0g	0%
Includes 0g added sugar	0%
Protein <0g	
Vitamin D 0mcg	0%
Calcium 19mcg	0%
Iron 0.8mcg	4%
Potassium 13mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Item #Mo207 (12) Box

INGREDIENTS:

Green Olives, Thyme, Water, Salt, Citric Acid.



Grilled Olives

23 Oz - (640g)

NUTRITION FACTS	
27 servings per container	
Serving size	3psc (15g)
Amount Per Serving	
Calories	20
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	13%
Total Carbohydrate 1g	1%
Dietary Fiber 1g	2%
Total Sugars 0g	0%
Includes 0g added sugar	0%
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	4%
Potassium	0%
Vitamin E	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Item #Mo210 (12) Box

INGREDIENTS:

Grilled Olives, Sunflower Oil, Onions, Garlic Nuts, Thyme, Red Pepper.

Allergy Advice: This product contains walnuts



Pickles

Pickles

Pickled Beets

Pickled Turnips



Minnesota SmileTM

Keep your taste healthy

Pickles



Pickled Beets

21.16 Oz - (600g)

NUTRITION FACTS	
27 servings per container	
Serving size 3 pieces (15g)	
Amount Per Serving	
Calories	25
Total Fat 2g	3%
Saturated Fat 0.5g	1%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 290mg	13%
Total Carbohydrate 0g	0%
Dietary Fiber <1g	2%
Total Sugars 0g	
Includes 0g added sugar	0%
Protein <1g	
Vitamin D 0mg	0%
Calcium 7mg	0%
Iron 0.4mg	2%
Potassium 6mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Pickled Turnips

21.16 Oz - (600g)

NUTRITION FACTS	
14 servings per container	
Serving size 1oz (28g)	
Amount Per Serving	
Calories	10
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	2%
Total Sugars 0g	
Includes 0g added sugar	0%
Protein <1g	
Vitamin D 0mg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



INGREDIENTS:

Beet, Water, Salt, Sugar, Acetic Acid.

INGREDIENTS:

Turnip, Water, Salt, Acetic Acid, Beet.



Jalapeno Pickles

21.16 Oz - (600g)

NUTRITION FACTS	
20 servings per container	
Serving size About (15g)	
Amount Per Serving	
Calories	10
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350g	14%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Protein 0g	
Vitamin A 0%	0%
Vitamin C 0%	0%
Calcium 2%	2%
Iron 0%	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Hot Giardiniera

21.16 Oz - (600g)

NUTRITION FACTS	
Serving per container about 21	
Serving size 1oz (28g)	
Amount Per Serving	
Calories	15
Total Fat g	2%
Saturated Fat 0g	0%
Trans Fat 0g	2%
Cholesterol 0g	0%
Sodium 280mg	12%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Protein 0g	
Vitamin A 0mg	10%
Calcium 0mg	0%
Vitamin C 0mg	2%
Iron 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



INGREDIENTS:

Jalapeno Pepper, Salt, Water, Acetic Acid.

INGREDIENTS:

Sliced Pepper Jalapeno, Cauliflower, Carrots, Green Olive Celery, Salt, Acetic Acid, Sunflower Oil.



Pickles



Wild Cucumber Pickles



Cucumber Pickles

98.73 Oz - (2800g)

NUTRITION FACTS	
95 servings per container	
Serving size	1pc (20g)
Amount Per Serving	
Calories	10
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 0g	0%
Dietary Fibre 0g	0%
Sugar 0g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Item #MP303 (4) Box

98.73 Oz - (2800g)

NUTRITION FACTS	
95 servings per container	
Serving size	1pc (20g)
Amount Per Serving	
Calories	10
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 0g	0%
Dietary Fibre 0g	0%
Sugar 0g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Item #MP300 (4) Box

21.16 Oz - (600g)

NUTRITION FACTS	
30 servings per container	
Serving size	1pc (20g)
Amount Per Serving	
Calories	10
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 0g	0%
Dietary Fibre 0g	0%
Sugar 0g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	0

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Item #MP304 (12) Box

21.16 Oz - (600g)

NUTRITION FACTS	
30 servings per container	
Serving size	1pc (20g)
Amount Per Serving	
Calories	10
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 0g	0%
Dietary Fibre 0g	0%
Sugar 0g	
Protein 0g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Item #MP301 (12) Box

INGREDIENTS:
Wild Cucumber, Water, Salt, Acetic Acid .

INGREDIENTS:
Cucumber, Water, Salt, Acetic Acid .



Pickles

Pickles





Minnesota Smile™
Keep your taste healthy

Pickles



Mixrd Pickles



Item #MP309 (4) Box

98.73 Oz - (2800g)

NUTRITION FACTS	
66 servings per container	
Serving size	1 tbsp (28g)
Amount Per Serving	
Calories	10
	% Daily Value*
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 330mg	14 %
Total Carbohydrate 0g	0 %
Dietary Fiber 10g	0 %
Total Sugars 0g	
Includes 0g added sugar	0 %
Protein <0g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	0%
potassium	0%
Vitamin D	0%



Item #MP307 (12) Box

21.16 OZ - (600g)

NUTRITION FACTS	
14 servings per container	
Serving size	1 tbsp (28g)
Amount Per Serving	
Calories	10
	% Daily Value*
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 330mg	14 %
Total Carbohydrate 0g	0 %
Dietary Fiber 10g	0 %
Total Sugars 0g	
Includes 0g added sugar	0 %
Protein <0g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	0%
potassium	0%
Vitamin D	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



INGREDIENTS:
Cucumber, Wild Cucumber, Turnip, Carrot, Pepper, Cauliflower, Water, Salt, Acetic Acid.

INGREDIENTS:
Cucumber, Wild Cucumber, Turnip, Carrot, Pepper, Cauliflower, Water, Salt, Acetic Acid.



Pickles



Green Pepper



Yellow Pepper

21.16 Oz - (600g)

NUTRITION FACTS	
20 servings per container	
Serving size	1 tbsp (15g)
Amount Per Serving	
Calories	10
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 350mg	14 %
Total Carbohydrate 3g	1 %
Dietary Fiber 1g	4 %
Total Sugars 0g	
Includes 0g added sugar	0 %
Protein <0g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	0 %
POTASSIUM	0 %
Vitamin D	0 %



Item #MP310 (12) Box



Item #MP311 (12) Box

21.16 Oz - (600g)

NUTRITION FACTS	
20 servings per container	
Serving size	1 tbsp (15g)
Amount Per Serving	
Calories	10
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 350mg	14 %
Total Carbohydrate 3g	1 %
Dietary Fiber 1g	4 %
Total Sugars 0g	
Includes 0g added sugar	0 %
Protein <0g	
Vitamin A	0 %
Vitamin C	0 %
Calcium	2 %
Iron	0 %
potassium	0 %
Vitamin D	0 %



INGREDIENTS:

Green Pepper, Salt, Water, Acetic Acid.

INGREDIENTS:

Yellow Pepper, Salt, Water, Acetic Acid.





Minnesota Smile™

Keep your taste healthy

JAMS



Minnesota Smile™

Keep your taste healthy

JAM



Roses Jam

28.21 Oz - (800g)

NUTRITION FACTS	
40 servings per container	
Serving size	About (19g)
Amount Per Serving	
Calories	52
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 13g	
Includes 11 g added sugar	23%
Protein 0g	
Vitamin D 0mg	0%
Calcium 2mg	0%
Iron 0mg	0%
Potassium 78mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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Item #MJ106 (12) Box



Apricot Jam

28.21 OZ - (800G)

NUTRITION FACTS	
40 servings per container	
Serving size	1 Tbsp (19g)
Amount Per Serving	
Calories	53
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 16g	8%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 11 g added sugar	23%
Protein 0g	
Vitamin A 0mg	0%
Calcium 2mg	0%
Iron 0mg	0%
Vitamin C 78mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



0 613460 834094



Item #MJ108 (12) Box

13.05 OZ - (370G)

NUTRITION FACTS	
19 servings per container	
Serving size	About (19g)
Amount Per Serving	
Calories	52
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 13g	
Includes 11 g added sugar	23%
Protein 0g	
Vitamin D 0mg	0%
Calcium 2mg	0%
Iron 0mg	0%
Potassium 78mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



0 613460 834199



Item #MJ105 (12) Box



Item #MJ107 (12) Box

13.05 OZ - (370G)

NUTRITION FACTS	
19 servings per container	
Serving size	1 Tbsp (19g)
Amount Per Serving	
Calories	53
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 16g	8%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 11 g added sugar	23%
Protein 0g	
Vitamin A 0mg	0%
Calcium 2mg	0%
Iron 0mg	0%
Vitamin C 78mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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INGREDIENTS:
Damask Rose, Sugar, Glucose, Citric Acid,
Fd&c R40.

INGREDIENTS:
Apricot, Sugar, Glucose, Citric Acid.



JAM



Bitter Orange Jam

With Almonds



Blackberry Jam

28.21 Oz - (800g)

NUTRITION FACTS	
40 servings per container	
Serving size About (19g)	
Amount Per Serving	
Calories	52
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 16g	8%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 12 g added sugar	23%
Protein 0g	
Vitamin D 0mg	0%
Calcium 2mg	0%
Iron 0mg	0%
Potassium 78mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Item #MJ101 (12) Box



Item #MJ103 (12) Box

28.21 OZ - (800G)

NUTRITION FACTS	
40 servings per container	
Serving size About (19g)	
Amount Per Serving	
Calories	51
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	5%
Dietary Fiber 0g	0%
Total Sugars 13g	
Includes 11 g added sugar	23%
Protein 0g	
Vitamin D 0mg	0%
Calcium 2mg	0%
Iron 0mg	0%
Potassium 78mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



13.05 OZ - (370G)

NUTRITION FACTS	
19 servings per container	
Serving size About (19g)	
Amount Per Serving	
Calories	52
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 16g	8%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 12 g added sugar	23%
Protein 0g	
Vitamin D 0mg	0%
Calcium 2mg	0%
Iron 0mg	0%
Potassium 78mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Item #MJ100 (12) Box



Item #MJ102 (12) Box

13.05 OZ - (370G)

NUTRITION FACTS	
19 servings per container	
Serving size About (19g)	
Amount Per Serving	
Calories	51
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	5%
Dietary Fiber 0g	0%
Total Sugars 13g	
Includes 11 g added sugar	23%
Protein 0g	
Vitamin D 0mg	0%
Calcium 2mg	0%
Iron 0mg	0%
Potassium 78mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



INGREDIENTS:
Bitter Orange, Almond, Sugar, Glucose, Citric Acid.

INGREDIENTS:
Blackberry, Sugar, Glucose, Citric Acid.

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Keep your taste healthy

JAM



Strawberry Jam

Pieces

28.21 Oz - (800g)

NUTRITION FACTS	
40 servings per container	
Serving size	About (19g)
Amount Per Serving	
Calories	50
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	23%
Includes 11 g added sugar	
Protein 0g	
Vitamin D 0mg	0%
Calcium 2mg	0%
Potassium 78mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



0 613460 834117



Item #MJ110 (12) Box



Apricot Whole Jam

28.21 Oz - (800g)

NUTRITION FACTS	
40 servings per container	
Serving size	About (20g)
Amount Per Serving	
Calories	53
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 16g	8%
Dietary Fiber 0g	0%
Total Sugars 12g	
Protein <1 g	
Vitamin A	2%
Calcium 2 mg	0%
Iron 0mg	0%
Vitamin C	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



0 613460 834421



Item #MJ118 (12) Box

13.05 OZ - (370G)

NUTRITION FACTS	
19 servings per container	
Serving size	About (19g)
Amount Per Serving	
Calories	50
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	23%
Includes 11 g added sugar	
Protein 0g	
Vitamin D 0mg	0%
Calcium 2mg	0%
Potassium 78mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



0 613460 834100



Item #MJ109 (12) Box

13.05 OZ - (370G)

NUTRITION FACTS	
18 servings per container	
Serving size	About (20g)
Amount Per Serving	
Calories	53
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 16g	8%
Dietary Fiber 0g	0%
Total Sugars 12g	
Protein <1 g	
Vitamin A	2%
Calcium 2 mg	0%
Iron 0mg	0%
Vitamin C	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



0 613460 834414



Item #MJ117 (12) Box

INGREDIENTS:

Strawberry, Sugar, Glucose, Citric Acid.

INGREDIENTS:

Apricot, Sugar, Glucose, Citric Acid.



JAM

JAM



Bitter Orange Jam



Blackberry Jam



JAM

JAM



Strawberry Jam



Apricot Whole Jam



JAM



Fig Jam with Walnuts



Fig Whole

28.21 Oz - (800g)

NUTRITION FACTS	
40 servings per container	
Serving size	About (19g)
Amount Per Serving	
Calories	52
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	8%
Dietary Fiber 0g	0%
Total Sugars 12g	
Protein <1g	
Vitamin A	2%
Calcium	0%
Iron	0%
Vitamin C	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Item #MJ112 (12) Box



Item #MJ114 (12) Box

28.21 OZ - (800G)

NUTRITION FACTS	
40 servings per container	
Serving size	About (19g)
Amount Per Serving	
Calories	52
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	8%
Dietary Fiber 0g	0%
Total Sugars 12g	
Protein <1g	
Vitamin A	2%
Calcium	0%
Iron	0%
Vitamin C	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



13.05 OZ - (370G)

NUTRITION FACTS	
19 servings per container	
Serving size	About (19g)
Amount Per Serving	
Calories	52
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	8%
Dietary Fiber 0g	0%
Total Sugars 12g	
Protein <1g	
Vitamin A	2%
Calcium	0%
Iron	0%
Vitamin C	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Item #MJ111 (12) Box



Item #MJ113 (12) Box

13.05 OZ - (370G)

NUTRITION FACTS	
19 servings per container	
Serving size	About (19g)
Amount Per Serving	
Calories	52
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	8%
Dietary Fiber 0g	0%
Total Sugars 12g	
Protein <1g	
Vitamin A	2%
Calcium	0%
Iron	0%
Vitamin C	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



INGREDIENTS:

Fig, Nuts, Sugar, Glucose, Citric Acid, Sesame.

Allergy Advice: This product contains walnuts

INGREDIENTS:

Fig Whole, Walnuts, Sugar, Glucose, Citric Acid.

Allergy Advice: This product contains nuts

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Keep your taste healthy

JAM



Citrus Jam

13.05 OZ -(370G)

NUTRITION FACTS	
20 servings per container	
Serving size 1 tbsp (15g)	
Amount Per Serving	
Calories	38
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Total Sugars 8g	
Protein <1g	
Vitamin A	2%
Calcium 2mg	0%
Iron 0mg	0%
Vitamin C	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





Blossom Flower Jam

13.05 OZ -(370G)

NUTRITION FACTS	
19 servings per container	
Serving size About (19g)	
Amount Per Serving	
Calories	52
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 62g	21%
Dietary Fiber 1g	8%
Total Sugars 55g	
Protein 1g	
Vitamin A	1%
Vitamin C	2%
Calcium	0.1%
Iron	0.2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.




INGREDIENTS:
Citrus, Sugar, Glucose, Citric Acid.

INGREDIENTS:
Lemon Blossom, Sugar, Glucose, Citric Acid, FD&C R40.



Apple Jam

13.05 OZ -(370G)

NUTRITION FACTS	
20 servings per container	
Serving size 1 Tbsp (15g)	
Amount Per Serving	
Calories	49
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	8%
Dietary Fiber 0g	0%
Total Sugars 13g	
Includes 11g added sugar	23%
Protein 0g	
Vitamin A	0mg 0%
Calcium	2mg 0%
Iron	0mg 0%
Vitamin C	0mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.




INGREDIENTS:
Apple, Sugar, Glucose, Citric Acid.




Pumpkin Jam

13.05 OZ -(370G)

NUTRITION FACTS	
20 servings per container	
Serving size 1 Tbsp (15g)	
Amount Per Serving	
Calories	49
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	8%
Dietary Fiber 0g	0%
Total Sugars 13g	
Includes 11g added sugar	23%
Protein 0g	
Vitamin A	0mg 0%
Calcium	2mg 0%
Iron	0mg 0%
Vitamin C	0mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.




INGREDIENTS:
Pumpkin, Sugar, Glucose, Citric Acid.

Juice



Apricot Syrup





Juice



Apricot Syrup
Fruit Juice Concentrate

Apricot, Sugar, Citric Acid.



Blackberry Syrup
Fruit Juice Concentrate

Blackberry, Sugar, Citric Acid.



Jallab Syrup
Fruit Juice Concentrate

Rose Water, Sugar, Dates and Raisin Extract, Citric Acid, Caramel Color, Natural Rose Flavor R₄₀.

24.70 Oz - (700ml)

NUTRITION FACTS	
Usually 40 servings Per container	
Serving Size	1 tbsp (15g)
Calories Per Serving	43
Amount/erving	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3.9g	1.3%
Dietary Fiber <1g	0.2%
Total Sugars 3.9g	
Includes 3.4g Added Sugars	4%
Protein 0g	2%
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0.2mg	0%
Potassium 98mg	2%
Vitamin A	0%
Vitamin C	0%



Item #MF400 (12) Box

24.70 Oz - (700ml)

NUTRITION FACTS	
66 servings per container	
Serving size	About (15g)
Amount Per Serving	70
Calories	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210g	9%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	3%
Total Sugars 1g	
Protein <1g	
Vitamin A	0%
Vitamin C	2%
Calcium	0%
Iron	0%



Item #MF401 (12) Box

24.70 Oz - (700ml)

NUTRITION FACTS	
66 servings per container	
Serving size	About (15g)
Amount Per Serving	70
Calories	% Daily Value*
Total Fat 7g	11%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210g	9%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	3%
Total Sugars 1g	
Protein <1g	
Vitamin A	0%
Vitamin C	2%
Calcium	0%
Iron	0%



Item #MF402 (12) Box



Liquids



White Vinegar



Red Vinegar

34 Oz - (1L)

NUTRITION FACTS

58 servings per container	
Serving size 1 tbsp (15g)	
Amount Per Serving	
Calories	0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g added sugar	0%
Protein <0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%
potassium	0%
Vitamin D	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



0 760354 449367



Item #ML503 (12) Box

34 Oz - (1L)

NUTRITION FACTS

58 servings per container	
Serving size 1 tbsp (15g)	
Amount Per Serving	
Calories	0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g added sugar	0%
Protein <0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%
potassium	0%
Vitamin D	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



0 760354 449350



Item #ML504 (12) Box

INGREDIENTS:

Water, Acetic Acid, Acidity %5.

INGREDIENTS:

Water, Acetic Acid, Caramel Colored, Acidity 5 %.



Liquids



Natural Grape Vinegar



Natural Apple Cider Vinegar

170z - (500ml)

NUTRITION FACTS

NUTRITION FACTS

33 servings per container

Serving size 1 tbsp (15g)

Amount Per Serving
Calories 0

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Includes 0g added sugar	0%
Protein <0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%
potassium	0%
Vitamin D	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



0 760354 449343



Item #ML505 (12) Box

170z - (500ml)

NUTRITION FACTS

43 servings per container

Serving size 1 tbsp (15g)

Amount Per Serving
Calories 0

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Includes 0g added sugar	0%
Protein <0g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%
potassium	0%
Vitamin D	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



0 760354 449336



Item #ML506 (12) Box

INGREDIENTS:

Natural Grape Vinegar.

INGREDIENTS:

Natural Apple Cider Vinegar.



Liquids



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Keep your taste healthy

Liquids



Rose Water

INGREDIENTS:

Rose Solution, Distilled Water.



Blossom Water

INGREDIENTS:

Blossom Solution, Distilled Water.



Pomegranate Molasses

INGREDIENTS:

Pomegranate, Water, Sugar, Cistic Salt, Caramel, E150D Authorized Color.



8.81 Oz - (250ml)

NUTRITION FACTS

Usually 17 servings Per container

Serving Size 1 tbsp (15g)

Calories Per Serving **0**

Amount/serving	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
Vitamin A 0	0%
Vitamin C 0	0%



Item #ML500 (12) Box



8.81 Oz - (250ml)

NUTRITION FACTS

Usually 17 servings Per container

Serving Size 1 tbsp (15g)

Calories Per Serving **0**

Amount/serving	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
Vitamin A 0	0%
Vitamin C 0	0%



Item #ML501 (12) Box



11.7 oz - (340g)

NUTRITION FACTS

about 26 servings per container

Serving Size 1 tbsp (20g)

Calories Per Serving **50**

Amount/serving	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 265mg	52%
Total Carbohydrate 12g	5%
Dietary Fiber 0g	0%
Total Sugars 12g	5%
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
Vitamin A 0	0%
Vitamin AC 0	0%



Item #ML502 (12) Box





Specialty



Peach Compote



Fruit Salad

21.16 Oz - (600g)

NUTRITION FACTS	
4 servings per container	
Serving size	1 tbsp (70g)
Amount Per Serving	
Calories	85
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 22g	85 %
Dietary Fiber 2g	7 %
Total Sugars 21g	
Includes 14g added sugar	28 %
Protein <1g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	2%
potassium	4%
Vitamin D	0%



Item #MP318 (12) Box



Item #MP317 (12) Box

21.16 Oz - (600g)

NUTRITION FACTS	
30 servings per container	
Serving size	1 tbsp (20g)
Amount Per Serving	
Calories	10
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 6g	3 %
Dietary Fiber 2g	7 %
Total Sugars 4g	
Includes 3g added sugar	8 %
Protein <1g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	2%
potassium	4%
Vitamin D	0%



INGREDIENTS:

Peach, Water, Sugar, Citric Acid.

INGREDIENTS:

Peach, Pear, Pineapple, Cherrie, Water, Sugar, Citric Acid, FD&C RED 3.



Specialty

14.1 Oz -(400g)
 3.52 oz -(100g)

NUTRITION FACTS

42 servings per container (21 per bag)
Serving size 1 Falafel Patty (12g)

Amount Per Serving	
Calories	46
<small>% Daily Value*</small>	
Total Fat <1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 27mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	5%
Total Sugars 3g	
Includes 0g added sugar	0%
Protein 3g	5%
Vitamin D 0mg	0%
Calcium 7mg	<1%
Iron <1mg	3%
Potassium 86mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Item #MS600 (10) Box

VEGETARIAN

INGREDIENTS:

Chickpeas, Spices (Coriander, Cumin, Nutmeg) Citric acid, Onion & Garlic Powder, Sodium Bicarbonate, Salt.

FREE GIFT
 FALAFEL-MAKING MOLD

FOR AN AUTHENTIC EXPERIENCE
 ADDITIONAL SEASONING PACKS INCLUDED



Falafel
 فلفل فلافل





Specialty

Stuffed Eggplant Makdous





Specialty



Stuffed Eggplant Makdous

Spicy



Stuffed Eggplant Makdous

35.26 Oz - (1000g)

NUTRITION FACTS

66 servings per container	
Serving size	About (15g)
Amount Per Serving	
Calories	70
<small>% Daily Value*</small>	
Total Fat 7g	11%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210g	9%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	3%
Total Sugars 1g	
Protein <1g	
Vitamin A	0%
Vitamin C	2%
Calcium	0%
Iron	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Item #MP315 (12) Box



Item #MP314 (12) Box

35.26 Oz - (1000g)

NUTRITION FACTS

66 servings per container	
Serving size	1 tbsp (15g)
Amount Per Serving	
Calories	70
<small>% Daily Value*</small>	
Total Fat 7g	11%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	3%
Total Sugars 1g	
Includes 0g added sugar	0%
Protein <1g	
Vitamin A	0%
Vitamin C	2%
Calcium	0%
Iron	0%
Potassium	0%
Vitamin B	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



INGREDIENTS:

Allergy Advice: This product contains walnuts

Eggplant, Sunflower, Oil, Red Pepper, Walnut, Garlic, Salt.

INGREDIENTS:

Allergy Advice: This product contains walnuts

Eggplant, Sunflower, Oil, Red Pepper, Walnut, Garlic, Salt.



Specialty



Stuffed Eggplant Makdous

Spicy



Stuffed Eggplant Makdous

35.26 Oz - (1000g)

NUTRITION FACTS

66 servings per container	
Serving size	About (15g)
Amount Per Serving	
Calories	70
	<small>% Daily Value*</small>
Total Fat 7g	11%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210g	9%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	3%
Total Sugars 1g	
Protein <1g	
Vitamin A	0%
Vitamin C	2%
Calcium	0%
Iron	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Item #MP311 (12) Box



Item #MP310 (12) Box

35.26 Oz - (1000g)

NUTRITION FACTS

66 servings per container	
Serving size	About (15g)
Amount Per Serving	
Calories	70
	<small>% Daily Value*</small>
Total Fat 7g	11%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210g	9%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	3%
Total Sugars 1g	
Protein <1g	
Vitamin A	0%
Vitamin C	2%
Calcium	0%
Iron	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



INGREDIENTS:

Allergy Advice: This product contains walnuts

Eggplant, Sunflower, Oil, Red Pepper, Walnut, Garlic, Salt.

INGREDIENTS:

Allergy Advice: This product contains walnuts

Eggplant, Sunflower, Oil, Red Pepper, Walnut, Garlic, Salt.



Specialty



Crushed Red Pepper



Crushed Red Pepper

21.16 Oz - (600g)

NUTRITION FACTS

30 servings per container	
Serving size 1 tbsp (15g)	
Amount Per Serving	
Calories	10
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 350mg	14%
Total Carbohydrate 1g	3%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Includes 0g added sugar	0%
Protein <3g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%
potassium	0%
Vitamin D	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



0 760354 449251



Item #MP316 (12) Box



Item #Mo309 (12) Box

21.16 Oz - (600g)

NUTRITION FACTS

40 servings per container	
Serving size 1 tbsp (15g)	
Amount Per Serving	
Calories	10
Total Fat 0g	% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 350g	14%
Total Carbohydrate 1g	3%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Protein <3g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



0 615460 834384



INGREDIENTS:

Crushed Red Pepper, Salt.

INGREDIENTS:

Crushed Red Pepper, Salt.



Specialty



Artichoke

35.26 Oz - (1000g)

NUTRITION FACTS

17 servings per container	
Serving size	About (28g)
Amount Per Serving	
Calories	20
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200g	8%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	6%
Total Sugars 0g	
Protein <1g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Item #MP308 (12) Box



INGREDIENTS:

Artichoke, Salt, Water, Citric Acid.



Specialty



Tomato Paste

21.16 Oz - (600g)

NUTRITION FACTS

35 servings per container
Serving size 1 tbsp (17 g)
Amount Per Serving **Calories** 15
% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 210mg	9%
Total Carbohydrate 3g	1%
Dietary Fiber <1g	2%
Total Sugars 2g	
Includes 0g added sugar	0%
Protein <1g	
Vitamin D 0mg	0%
Calcium 2mg	0%
Iron 0mg	0%
Potassium 15mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



INGREDIENTS:

Tomato, Density %28 - %30, Salt.



Item #Mo312 (12) Box



Specialty



Garlic Sauce

10.58 Oz - (300g)

NUTRITION FACTS

Serving per container about 20	
Serving size	1 tbsp (15g)
Amount Per Serving	
Calories	21
Calories From Fat	9.7
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0.1 g	
Trans Fat 0g	
Cholesterol 0.1 mg	0%
Sodium 2708 mg	12%
Total Carbohydrate 1.9 g	8%
Dietary Fiber 0g	0%
Total Sugars 1.2g	
Protein 0.6g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	1%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



INGREDIENTS:

Garlic, Sunflower Oil, Corn Starch, Water, Salt, Acetic Acid, Xanthan Gum, Potassium Sorbate, EDTA (Antioxidants).



Item #MP316 (24)Box



Specialty



Dried Molokhia

7,05 Oz (200g)

NUTRITION FACTS

Nutrition Facts
2 servings per container
Serving Size 100 grams

Calories	34	1.7%
Carbohydrate	5.8 g	2%
Fat	0.25 g	0%
Protein	4.65g	20%
Fiber	5mg	20%
Vitamins		
Vitamin A equiv.	278 µg	35%
Thiamine (B1)	0.133 mg	12%
Riboflavin (B2)	0.546 mg	46%
Niacin (B3)	1.26 mg	8%
Pantothenic acid (B5)	0.072 mg	1%
Vitamin B6	0.6 mg	46%
Folate (B9)	123 µg	31%
Vitamin C	37 mg	49%
Calcium	208 mg	21%
Iron	4.76 mg	37%
Magnesium	64 mg	18%
Manganese	0.123 mg	6%
Phosphorus	83 mg	12%
Potassium	559 mg	12%
Zinc	0.79 mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Item #MS701 (12) Box

INGREDIENTS:
Dried Molokhia





Specialty



Dried Okra

5,30 Oz (150g)

NUTRITION FACTS

Nutrition Facts
1.5 servings per container
Serving Size 100 grams

Calories 33	
	% Daily Value*
Total Fat 0g	0 %
Saturated Fat 0.2g	
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 7mg	0 %
Potassium 0mg	0 %
Total Carbohydrate 7.5g	2 %
Dietary Fiber 6g	24 %
Sugars 0g	
Protein 2g	4 %
Vitamin A	4 %
Vitamin C	4 %
Calcium	8 %
Iron	2 %

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Item #MS700 (24) Box



INGREDIENTS:
Dried Okra





Minnesota SmileTM

Keep your taste healthy





Spices

Allspice
بهار حلوناعم
pimenta dioica molida



3.52 Oz (100G) + 0.35 Oz (10G)



Item#MS601 (24) Box

Baking Soda
كربوناة
bicarbonato de sodio



7.05 Oz (200G) + 0.70 Oz (20G)



Item#MS602 (24) Box

Basil
حبق
Albahace



1.41 Oz (40G) + 0.14 Oz (4G)



Item#MS603 (24) Box

Biryani Spice
برياني
Especias para Biryani



3.52 Oz (100G) + 0.35 Oz (10G)



Item#MS604 (24) Box

Black Pepper Ground
فلفل اسود ناعم
Pimienta Negra



4.25 Oz (120G) + 0.42 Oz (12G)



Item#MS605 (24) Box

Anise Seeds
يانسون حب
Granos Do Anis



3.52 Oz (100G) + 0.35 Oz (10G)



Item#MS606 (24) Box

Fenugreek Seeds
حبة حب
Granos Do Fenogreco



5.29 Oz (150G) + 0.52 Oz (15G)



Item#MS607 (24) Box

Chicken Spice
بهارات دجاج
Especias para Pollo



3.52 Oz (100G) + 0.35 Oz (10G)



Item#MS609 (24) Box



Spices

Coriander
كزبرة حب
Cilantro



☞ 1.76 Oz (50G) + 0.17 Oz (5G)



Item#MS610 (24) Box

Crispy Chicken
بهارات كرسبي
Especias Pollo Crujiente



☞ 3.52 Oz (100G) + 0.35 Oz (10G)



Item#MS611 (24) Box

Cumin Seeds
كمون حب
Granos De Comino



☞ 3.52 Oz (100G) + 0.35 Oz (10G)



Item#MS612 (24) Box

Curry
كاري
Curry



☞ 3.52 Oz (100G) + 0.35 Oz (10G)



Item#MS613 (24) Box

Fajita Spice
فاهيتا
Especias Pollo Fajita



☞ 3.17 Oz (90G) + 0.31 Oz (9G)



Item#MS614 (24) Box

Fennel Seed
شومر حب
Hinojo En Granos



☞ 2.82 Oz (80G) + 0.28 Oz (8G)



Item#MS615 (24) Box

Fish Spice
بهارات سمك
Especias para Pescado



☞ 3.52 Oz (100G) + 0.35 Oz (10G)



Item#MS616 (24) Box

Ground Fenugreek
حلبة ناعمة
Fenugreek Molido



☞ 4.93 Oz (140G) + 0.49 Oz (14G)



Item#MS608 (24) Box



Spices

Garlic Flakes
ثوم رقائق
Hojuelas De Ajo



3.52 Oz (100G) + 0.42 Oz (12G)



Item#MS617 (24) Box

Garlic Powder
ثوم بودرة
Ajo En Polvo



3.52 Oz (100G) + 0.35 Oz (10G)



Item#MS618 (24) Box

Ginger
زنجبيل
Jengibra



3.52 Oz (100G) + 0.35 Oz (10G)



Item#MS619 (24) Box

Ground Cinnamon
قرنفة ناعمة
Canela Molida



3.52 Oz (100G) + 0.35 Oz (10G)



Item#MS620 (24) Box

Ground Cloves
قرنفل ناعم
Clavo Molido



3.52 Oz (100G) + 0.35 Oz (10G)



Item#MS621 (24) Box

Ground Cumin
كمون ناعم
Comino Molido



3.52 Oz (100G) + 0.35 Oz (10G)



Item#MS622 (24) Box

Kabseh Spice
بهارات كبسة
Especial De Arroz Kabseh



3.52 Oz (100G) + 0.35 Oz (10G)



Item#MS623 (24) Box

Kabseh Coarse Spice
بهارات كيبسة خشنة
Especial Gruesos De Arroz
Kabseh



2.82 Oz (80G) + 0.28 Oz (8G)



Item#MS624 (24) Box



Spices

Ground Coriander
كزبرة ناعمة
Culantro Molido



3.17 Oz (90G) + 0.31 Oz (9G)



Item#MS625 (24) Box

Mint
نعنع
Menta



1.41 Oz (40G) + 0.14 Oz (4G)



Item#MS626 (24) Box

Nutmeg
جوزة الطيب ناعم
Nuez Moscada Molida



3.52 Oz (100G) + 0.35 Oz (10G)



Item#MS627 (24) Box

Onion Flakes
بصل رقائق
Hojuelas Do Cebolla



2.46 Oz (70G) + 0.24 Oz (7G)



Item#MS628 (24) Box

Onion Powder
بصل ناعم
Cebolla Molida



3.52 Oz (100G) + 0.35 Oz (10G)



Item#MS629 (24) Box

Oregano
اوريجانو
Oregano



1.41 Oz (40G) + 0.14 Oz (4G)



Item#MS630 (24) Box

Paprika
بابريكا
Pimentón



3.52 Oz (100G) + 0.35 Oz (10G)



Item#MS631 (24) Box

Philadelphia Steak
فيلادلفياستيك
Filete de Filadelfia



3.52 Oz (100G) + 0.35 Oz (10G)



Item#MS632 (24) Box



Spices

Red Chili Coarse
 حبر احمر خشن
 Chile Rojo Grueso



3.52 Oz (100G) + 0.35 Oz (10G)



Item#MS633 (24) Box

Red Chili Powder
 حبر احمر ناعم
 Chile Rojo Grueso



3.52 Oz (100G) + 0.35 Oz (10G)



Item#MS634 (24) Box

Roasted Sesame Seed
 سمسم محمص
 Sesamo Tostado



3.52 Oz (100G) + 0.35 Oz (10G)



Item#MS635 (24) Box

Seven Mix Spice
 سبع بهارات
 Mezcal De Siete Especies



3.52 Oz (100G) + 0.35 Oz (10G)



Item#MS636 (24) Box

Shawarma Spice
 بهارات شاورما
 Especies Para Shawarma



3.52 Oz (100G) + 0.35 Oz (10G)



Item#MS637 (24) Box

Caraway Seeds
 كرويا حب
 Alcaravea



3.17 Oz (90G) + 0.31 Oz (9G)



Item#MS638 (24) Box

Steak Spice
 بهارات ستيك
 Especies para filete



4.05 Oz (115G) + 0.40 Oz (11.5G)



Item#MS639 (24) Box

Sumac Spice
 سماق
 Especies Rhus / Sumac



3.52 Oz (100G) + 0.35 Oz (10G)



Item#MS640 (24) Box



Spices

Black Sesame
حبة البركة
Sésamo Negro



3.88 Oz (110G) + 0.38 Oz (10G)



Item#MS641 (24) Box

Tawouk Spice
شيش طاووق
Especias para shish taouk



3.17 Oz (90G) + 0.31 Oz (9G)



Item#MS642 (24) Box

Ground Turmeric
كركم مطحون
Cúrcuma Molida



3.52 Oz (100G) + 0.35 Oz (10G)



Item#MS643 (24) Box

White Pepper
فلفل ابيض
Pimienta Blanca



4.23 Oz (120G) + 0.42 Oz (12G)



Item#MS644 (24) Box

Parsley Flakes
بقدونس
Perejil



1.41 Oz (40G) + 0.4 Oz (4G)



Item#MS645 (24) Box

Kofta Spices
بهارات كفتة
Especias Kofta



3.52 Oz (100G) + 0.35 Oz (10G)



Item#MS646 (24) Box

Sojok Spices
بهارات سجق
Especias para Sujuk



3.52 Oz (100G) + 0.35 Oz (10G)



Item#MS647 (24) Box

Black Pepper Seeds
فلفل اسود حب
Granos De Pimienta Negra



3.17 Oz (90G) + 0.31 Oz (9G)



Item#MS648 (24) Box



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