



HARVEST

Makkawi Trading & Distribution Co.

FIRST QUALITY PRODUCTS

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هارفست

مكة المكرمة

Founded in 1986



HARVEST

FIRST QUALITY PRODUCTS

American Rice

أرز أمريكي

Packing: 1 kg/bag
3 kg/bag
5 kg/bag

Nutrition Facts:

Nutrient	Amount	% Daily Value (DV)
Calories	130	
Carbohydrate	28.7 grams (g)	10%
Protein	2.36 g	5%
Fat	0.19 g	0%

Before you add the same type of rice to every recipe you prepare, however, ... most familiar and easily recognizable rice in traditional American recipes.

American long-grain white rice is the most familiar rice in American kitchens. It's often cooked by the absorption method—in a tightly covered pot with a measured amount of water, which gets completely absorbed by the rice—for a dry, fluffy texture with distinct grains.



منتجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Italian Rice

ارز ايطالي

Packing: 1kg/bag
3kg/bag
5kg/bag

Nutrition Facts:

Arborio Italian Rice (0.25 cup) contains:
40g total carbs
38g net carbs
0.5g fat
4g protein
180 calories.

Bring a bit of Italy to the table without the usual pasta and sauce. This colorful side dish blends fluffy rice, fresh spinach and roasted red peppers. "The amount of garlic can be adjust to fit your personal taste," the more garlic, the better!"

2 garlic cloves, minced
2 teaspoons olive oil
8 cups fresh spinach (about 10 ounces), chopped
1 tablespoon balsamic vinegar
1/2 teaspoon salt
1/8 teaspoon pepper
2 cups hot cooked rice
1/2 cup chopped roasted sweet red peppers

In a large nonstick skillet, saute garlic in oil for 1 minute. Stir in spinach. Cover and cook for 3-4 minutes or until tender; drain well. Add the vinegar, salt and pepper. Stir in the rice and red peppers until combined. Cook and stir until heated through.



منتوجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Bsmati Rice

أرز بسمتي

Nutrition Facts:

Calories: 210.

Protein: 4.4 grams.

Fat: 0.5 grams.

Carbs: 45.6 grams.

Fiber: 0.7 grams.

Sodium: 399 mg.

Folate: 24% of the Daily Value (DV)

Thiamine: 22% of the DV.

Basmati rice (baz-MAH-tee) is a type of white rice commonly grown in the Himalayas, India, and Pakistan—with India producing about two-thirds of the world's supply. It is a long-grain rice that is characterized by a light nutty flavor and floral aroma, and it's popular in rice pilaf and as a side dish for curry.

Basmati is a fragrant, nutty-tasting long grain rice grown in the Himalayas and Pakistan. "Bas" in Hindi language means "aroma" and "mati" means "full of," hence the word Basmati — or "full of aroma." The key to making basmati rice that is light, tender and fluffy is to rinse it first, otherwise, the grains will be gummy and stick together. It only takes a minute or two. Simply place the rice in a bowl with water, and then swish it around to release any excess starch. The water will be cloudy at first but after several rinses, it will be clear.

Packing: 1kg/bag
2 kg/Reclosable bag



منتجات عالية الجودة



HARVEST

FIRST QUALITY PRODUCTS

Egyptian Rice

أرز مصري

Nutrition Facts:

Egyptian Rice (1 serving) contains

79g total carbs

78g net carbs

0.7g fat

7.1g protein

370 calories.

Egyptian rice is a very short grain rice, grown in Egypt. It is not cooked the same way as medium or long grain rice. When cooked, it is supposed to have a fluffy texture, not at all sticky.

The Perfect Egyptian Rice with Vermicelli:

Ingredients

1 ½ tablespoons olive oil

¼ cup 1/2-inch long vermicelli

1 cup Egyptian rice (short-grain rice)

salt to taste

1 ¾ cups water

Heat oil in a saucepan over medium heat. Add vermicelli; cook, stirring constantly, until golden brown, 3 to 5 minutes. Remove from heat. Pour in rice and salt; stir until coated with oil.

Reduce heat to low. Cook the rice mixture, stirring constantly, until rice turns pasty white, 3 to 5 minutes. Bring water to a boil in a saucepan.

Stir water into the rice mixture.

Cover; cook until most of the water is absorbed, 10 to 15 minutes. Turn off heat; let sit until remaining water is absorbed, about 5 minutes. Fluff rice with a fork.

Packing: 1kg/bag

3kg/bag

5kg/bag



منتجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Fine Rice

أرز ناعم

Nutrition Facts:

Rice flour calories	366 kCal
Total Carbohydrates	80.1 g
Dietary Fibres	2.4 g
Protein	5.9 g

A type of flour produced from grinding polished rice (the bran and germ have been removed) into a powder. White rice flour can be used as a thickening agent for sauces and puddings. It is also very popular for the preparation of a variety of Asian noodles. It is used in some baked goods, such as cakes, cookies, and dumplings, but because the flour contains no gluten, it is not suitable for baking yeast breads. It must be combined with wheat flour in order to attain the properties of gluten formation necessary for yeast dough to properly rise.

White rice flour contains high levels of protein, but it contains much less vitamins, minerals, and fiber than brown rice because of the removal of the bran and germ. Since white rice flour contains no gluten, it is a suitable substitution for wheat flour for people who cannot tolerate gluten in their diets because of a severe allergic reaction (celiac disease).



Packing: 1kg /bag



منتجات عالية الجودة



HARVEST

FIRST QUALITY PRODUCTS

White Sugar

سكر أبيض

Packing: 0.5 kg/bag
1kg/bag
2kg/bag

Nutrition Facts:

0% Total Fat 0g.
0% Saturated Fat 0g.
0% Sodium 0mg.
1% Total Carbohydrates 4g.
Sugars 4g.
Protein 0g.

White sugar, also called table sugar, granulated sugar or regular sugar, is a commonly used type of sugar, made either of beet sugar or cane sugar, which has undergone a refining process.

White sugar is produced through a purifying process that removes a brown syrup called molasses. On the other hand,

Of course, the sweetness it provides to things like cookies and cakes is obvious. In breads and rolls, however, it feeds the yeast that makes for a beautiful rise.

For most people, the first thing that comes to mind when hearing the word sugar is white, granulated sugar. It's the type that America uses most often for baking and sweetening our morning cup of coffee.



منتجات عالية الجودة



HARVEST

FIRST QUALITY PRODUCTS

Brown Sugar

سكر أسمر

Packing: 500g /bag
1kg/bag

Nutrition Facts:

Total Fat 0 g	0%
Saturated fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 28 mg	1%
Potassium 133 mg	3%
Total Carbohydrate 98 g	32%
Dietary fiber 0 g	0%
Sugar 97 g	
Protein 0.1 g	0%
Vitamin C	0%
Iron	3%
Vitamin B-6	0%
Magnesium	2%
Calcium	8%
Vitamin D	0%
Cobalamin	0%

Brown sugar is a sucrose sugar product with a distinctive brown color due to the presence of molasses. It is either an unrefined or partially refined soft sugar consisting of sugar crystals with some residual molasses content, or it is produced by the addition of molasses to refined white sugar.



سكر أسمر
Brown Sugar

منتجات عالية الجودة



HARVEST

FIRST QUALITY PRODUCTS

Fine Sugar

سكر ناعم

Packing: 500g/bag
1kg/bag

Nutrition Facts:

0% Total Fat 0g.
0% Saturated Fat 0g.
0% Sodium 0mg.
1% Total Carbohydrates 4g.
Sugars 4g.
Protein 0g.

Superfine sugar is granulated sugar that has been ground into finer crystals than regular granulated white sugar. Also known as caster sugar, it is popular with bakers because the smaller crystals cream very easily into butter and dissolve more readily into meringues and batters.

Sugar is an integral part of the baking that we do day to day.

Of course, the sweetness it provides to things like cookies and cakes is obvious. In breads and rolls, however, it feeds the yeast that makes for a beautiful rise.

For most people, the first thing that comes to mind when hearing the word sugar is white, granulated sugar. It's the type that America uses most often for baking and sweetening our morning cup of coffee.



منتوجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Green Lentils

عدس أخضر

Nutrition Facts:

Calories: 230.

Carbs: 39.9 grams.

Protein: 17.9 grams.

Fat: 0.8 grams.

Fiber: 15.6 grams.

Thiamine: 22% of the Reference Daily Intake (RDI)

Niacin: 10% of the RDI.

Vitamin B6: 18% of the RDI.

Green lentils are about the same size as brown lentils but with a glossy surface. They cook longer, about 45 minutes yet they hold their shape well after cooking, which makes them a good choice for salads. Green lentils are often described as earthy in taste and texture.

Mujadara is an arabic word that means "pockmarked." Basically it's made up of lentils, rice (or bulgur) and onions. And they say lentils cooked with the rice look like pockmarks (pimples). That's kind of a weird analogy for food. But nonetheless, the recipe is ancient and a very traditional Middle Eastern dish. Traditionally, you'll make the recipe with green lentils.



Packing: 1kg/bag



منتجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Crushed Lentils

عدس مجروش

Nutrition Facts:

Crushed Lentil Soup

6z (231g)

Calories from Fat 36. Calories 220.

6% Total Fat 4g.

3%

0% Cholesterol 0mg.

12% Sodium 290mg.

12% Total Carbohydrates 35g.

68% Dietary Fiber 17g.

Crushed Lentils are low in calories and an excellent source of protein, Rich in iron and folic acid. They pack health-promoting polyphenols and may reduce several heart diseases, diabetes and cancer.

The Crushed Lentil Soup is an amazing version of the popular Middle Eastern soup, with surprising hints of spicy and sweet flavors. So healthy and so damn delicious!

INGREDIENTS

- 2 tablespoons olive oil
- 1 medium sweet onion, finely chopped
- 4 cloves garlic, minced
- 4 cups unsalted vegetable broth, divided
- 2 cups water
- 2 cups red split lentils, uncooked
- 1 small pinch saffron
- 1 teaspoon coriander
- 1 teaspoon cumin
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon ground sea salt
- 1/2 teaspoon red pepper flakes
- 2 bay leaves
- 2 tablespoons fresh lemon juice

Packing: 1kg/bag



منتجات عالية الجودة





HARVEST
FIRST QUALITY PRODUCTS

Red Lentils

عدس أحمر حب

Nutrition Facts:

1% Total Fat 0.8g.
1% Saturated Fat 0.1g.
0% Cholesterol 0mg.
20% Sodium 471mg.
21% Potassium 731mg.
13% Total Carbohydrates 39g.
64% Dietary Fiber 16g.
Sugars 3.6g.

Red lentils become very soft and breakdown when cooked. These can be great for pureed soups because they can thicken the broth.

These are a year-round pantry staple, essential for rounding out salads during hot weather and hearty soups in the winter months. Regardless of the season, their quick-cooking, no-soak-required nature makes them ideal for healthy weeknight meals.

Red lentils are currently all the rage as an anti-aging superfood. Covered by a brown seed coat, it is only when they are split or de-hulled that the bright red colour is revealed.

Lentils were a staple in the diet of ancient Persians, who consumed lentils daily in the form of a stew poured over rice.



Packing: 1kg/bag



منتجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Chickpeas

حمص

Nutrition Facts:

Protein (g)	14.53
Total lipid (fat) (g)	4.25
Carbohydrate, by difference (g)	44.97
Energy (kcal)	268.96
Sugars, total (g)	7.87

Chickpea, (*Cicer arietinum*), also called garbanzo bean or Bengal gram, annual plant of the pea family (Fabaceae), widely grown for its nutritious seeds. ... The seeds are high in fibre and protein and are a good source of iron, phosphorus, and folic acid.

Crunchy Chickpeas with Rosemary and Olive Oil:

Rosemary is the star of this crunchy snack, made with canned chickpeas and olive oil. Set them out at your next party

Ingredients

Ingredient Checklist

- 2 15-ounce of chickpeas, drained, rinsed, and dried
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons finely chopped fresh rosemary
- 1 tablespoon salt
- 1 teaspoon garlic powder
- 1 teaspoon black pepper

Step 1: Preheat oven to 400°. Toss the chickpeas with oil and seasoning. Spread on a large baking sheet and bake, uncovered, for 45 minutes, or until golden brown and crunchy.

Make Ahead

The chickpeas can be roasted up to 1 day ahead. Cool completely and store in an air-tight container. Can be served at room temperature or briefly reheated, about 5 minutes at 400°.



Packing: 1kg/bag



منتوجات عالية الجودة



HARVEST

FIRST QUALITY PRODUCTS

Split Beans

فول مجروش

Nutrition Facts:

Nutrient	Amount	% Daily Value (DV)
Calories	110	
Carbohydrate	20grams (g)	71%
Protein	8 g	29%
Fat	- g	0%

Packing: 1 kg/bag

Split beans are among the most versatile and commonly eaten foods throughout the world. Because of their nutritional composition, these economical foods have the potential to improve the diet quality and long-term health of those who consume beans regularly.

HOW TO MAKE FALAFEL

Step 1: Soak chick peas in cold water for at least 4 hrs.

Step 2: Strain and wash presoaked chick peas, place half in a food processor and chop to the size of sesame seeds. Remove and place in a large mixing bowl.

Step 3: In a food processor combine the remaining chick peas, onion, parsley, coriander, garlic, peppers, walnuts, cumin, baking powder, and coriander seeds, and olive oil and process to a grainy paste (about 3-4 mins). Transfer to the mixing bowl and mix in the chicken stock.

Step 4: Combine the contents of the food processor to the original half of the chopped chick peas and mix.

Step 6: Add flour to the mix until the mixture holds the shape of a small ball.

Step 7: Form the dough into the size of golf balls, roll in sesame seeds (optional), and gently flatten the ball into a shape of a thick disk.

Step 8: Deep fry in hot vegetable oil until brown (float to the top).

Step 9: Cool on kitchen paper and serve warm.

Step 10: For preparing the tahina sauce: whisk tahini and water together until smooth. Add lemon juice and salt to taste. Mix well. Add more water if needed. Serve with tahina sauce.



منتجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Broad Fava Beans

فول عريض

Packing: 500g/bag

Nutrition Facts:

Calories: 187 calories.

Carbs: 33 grams.

Fat: Less than 1 gram.

Protein: 13 grams.

Fiber: 9 grams.

Folate: 40% of the Daily Value (DV)

Manganese: 36% of the DV.

Copper: 22% of the DV.

Fava beans — or broad beans — . They have a slightly sweet, earthy flavor and are eaten by people all over the world. Fava beans are loaded with vitamins, minerals, fiber and protein. They're thought to offer impressive health effects, such as improved motor function and immunity.

Lamb and dried broad bean cassoulet

This is really a casserole with lamb, though the original cassoulet probably contained fresh broad beans, not the imported dried bean from the Americas. Curing the lamb bellies and softening the beans require advance preparation, but the result is worth it; a sensational, wintry stew. You will need to start this recipe a day ahead.



منتجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Navy Beans

فاصوليا بيضاء صنوبرية

Packing: 1 kg/bag

Nutrition Facts:

Navy Beans

Calories: 255.

Protein: 15.0 grams.

Fiber: 19.1 grams.

Folate (vitamin B9): 64% of the RDI.

Manganese: 48% of the RDI.

Thiamine (vitamin B1): 29% of the RDI.

Magnesium: 24% of the RDI.

Iron: 24% of the RDI.

Navy beans get their name from their use as a staple food in American Navy kitchens. They also contain some B vitamins.

Navy beans may help reduce cholesterol and the risk of metabolic syndrome.

In a small study of 38 children Trusted Source, researchers found that those who increased their consumption of navy beans and rice bran improved their cholesterol levels.



منتجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Broad Lima Beans

فاصوليا عريضة

Nutrition Facts:

Calories: 187 calories.
Carbs: 33 grams.
Fat: Less than 1 gram.
Protein: 13 grams.
Fiber: 9 grams.
Folate: 40% of the Daily Value (DV)
Manganese: 36% of the DV.
Copper: 22% of the DV.

Lima bean, (*Phaseolus lunatus*), any of a variety of legumes (family Fabaceae) widely cultivated for their edible seeds. Of Central American origin, the lima bean is of commercial importance in few countries outside the Americas. There is a wide range of pod size and shape and of seed size, shape, thickness, and colour in both bush and climbing forms. The pods are wide, flat, and slightly curved. The lima bean itself is readily distinguished by the characteristic fine ridges in the seed coat that radiate from the "eye."

The plant grows as a perennial in the tropics and is normally cultivated as an annual elsewhere. It requires a longer season and warmer weather than most varieties of common bean. Butter beans and giant white beans are some well-known varieties of lima bean.

Packing: 500g/bag
1kg/bag



منتجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Brown Coarse Bulgul

برغل خشن أسمر

Nutrition Facts:

Nutrient Content

Calories: 151.

Carbs: 34 grams.

Protein: 6 grams.

Fat: 0 grams.

Fiber: 8 grams.

Folate: 8% of the RDI.

Vitamin B6: 8% of the RDI.

Niacin: 9% of the RDI.

Brown Coarse Bulgur is good for pilafs or stuffings and higher in proteins than white bulgur, and it is a whole red wheat berries that are parboiled, dried, ground and sifted to coarse grain.

Bulgur Pilaf

Bulgur Pilaf recipe made two ways with tomatoes and with vermicelli in under 40 minutes. Serve this vegan Turkish dish by itself with Tzatziki on the side or as a side dish with your meat dishes.

Ready in about 30 minutes, this recipe is a good one to start if you are new to cooking bulgur wheat in your daily cooking.



Packing: 1kg/bag



منتجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

White Coarse Bulgul

برغل أبيض خشن

Packing: 1kg/bag

Nutrition Facts:

Calories: 151.
Carbs: 34 grams.
Protein: 6 grams.
Fat: 0 grams.
Fiber: 8 grams.
Folate: 8% of the RDI.
Vitamin B6: 8% of the RDI.
Niacin: 9% of the RDI.

The wheat grains are steamed and dried, then ground and reduced into small pieces; it is widespread in the Middle East and its name derives from the Turkish bulgur with the meaning of "boiled barley".

Bulgur wheat provides various nutrients and is an especially good source of manganese, magnesium, iron and fiber.



منتجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Freekeh

فريك

Nutrition Facts:

141 calories.
5 g of protein.
2 g of fat.
24 g carbs.
4.5 g of dietary fiber.
56 mg of magnesium.
0.7 mg of iron.
20 mg of calcium.

What is freekeh? Green wheat freekeh is a flavorful ancient grain that cooks up quickly and tastes delicious. Freekeh (also known as farik or frikeh) is the name for roasted young wheat, and it is a traditional food of the Middle East and Northeastern Africa.

Freekeh (sometimes called farik) is wheat that's harvested while young and green. After getting roasted over an open fire, its straw and chaff

Freekeh with chicken is an easy weeknight meal that is such a delicious, hearty and healthy family dinner. This Lebanese dish is packed full of flavor, high in protein from the chicken and made with whole grain freekeh – it's perfect for serving a crowd.

If you are looking for a dish that will add some variety to your weekly meal rotation, this Lebanese freekeh with chicken could be just what you are looking for! So flavorful and so easy to make! go here for more details:

<https://feelgoodfoodie.net/recipe/-freekeh-chicken/>

Packing: 500g/bag



منتجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Moghrabieh

مغربية

Packing: 1kg /bag

Nutrition Facts:

Moghrabieh, 100 g cooked

Calories: 224 •Carbs: 45g •Fat: 2g •Protein: 8g

Moghrabieh literally translates to "from Morocco." Moghrabieh is both the name of the dough pearls as well as the name of the final dish. The Moghrabieh pearls are dry, similar to pasta, and are boiled for 15-20 minutes until they are tender. I buy them from my local Middle-Eastern grocer, but they can also be found online. They are sometimes known as "Lebanese couscous" since they resemble couscous in texture and shape, just larger.

This dish is so hearty and warm from the spice mixture of cinnamon, caraway, 7 spices and cumin. It is very similar to a stew as it is eaten with the flavorful broth. Most often it is made with chicken, but it can be made with beef stew cubes or lamb with bones.



منتجات عالية الجودة



HARVEST

FIRST QUALITY PRODUCTS

Sweet Lupins

ترمس حلو

Nutritional value per 100 g (3.5 oz)

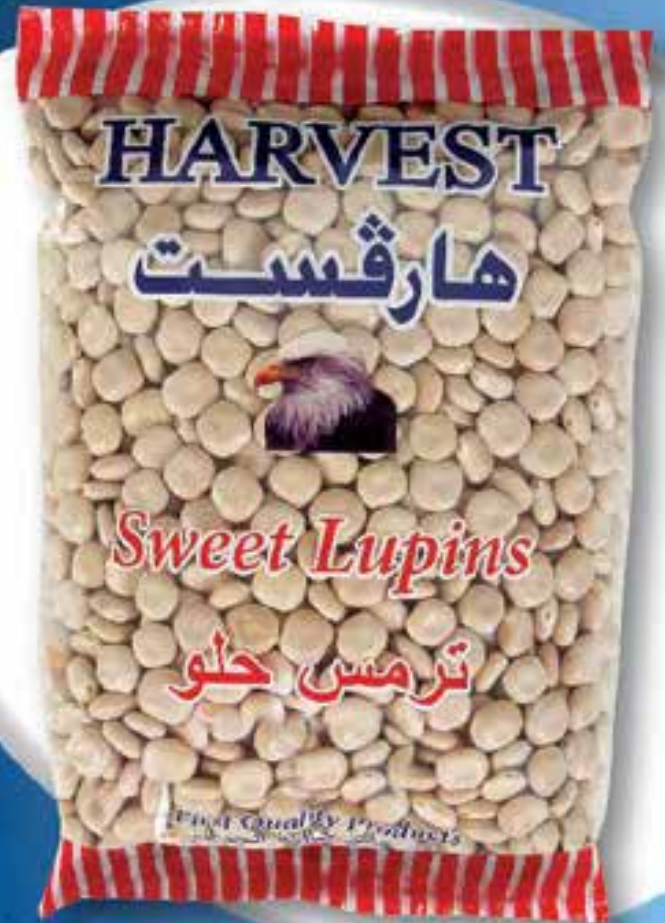
Carbohydrates	9.88g
Dietary fiber	2.8 g
Fat	2.92 g
Saturated	0.346 g

The bitter variety of the beans are high in alkaloids and are extremely bitter unless rinsed methodically. Low alkaloid cultivars called sweet lupins have been bred, and are increasingly planted.

Besides being served brined, they can also be ground into flour and used in a variety of dishes. If you buy them already cooked, add them to a salad for a salty topper or mix them in with a grain bowl.

- Add to salads.
- Combine with roasted veggies.
- Add to pasta.
- Puree into a dip.

Packing: 1 kg/bag



منتجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Bitter Lupins

ترمس مرّ

Packing: 1kg/bag

Nutrition Facts:

Nutritional value per 100 g (3.5 oz)

Carbohydrates	9.88g
Dietary fiber	2.8 g
Fat	2.92 g
Saturated	0.346 g

Lupini Beans are a go-to snack found across the Middle East and Mediterranean. They are nutritious (second highest bean in protein) and make the perfect food to serve your friends and family. Learn how to make Lebanese tarmos.

In a large bowl, add 1 cup lupin beans, 1 tbsp of salt and 5 cups water. Mix water through to dissolve salt and soak overnight. Discard any water from soaked lupini beans and add to a pot. Top with 5 cups of water and another 1 tbsp of salt and bring to the boil on high. Once boiling, turn heat to med-high and boil for about 2 hours.

Once lupin is tender, turn off heat and allow to cool. Once cool, discard water and top with fresh salted water. Serve with salt.



منتجات عالية الجودة



HARVEST

FIRST QUALITY PRODUCTS

Pealed Wheat

قمح مقشور

Nutrition Facts:

Calories	354
Carbs	73.4 grams
Protein	12.5 grams
Fat	2.3 grams

Unlike processed wheat where all the layers are stripped away, hulled wheat is a wholegrain that retains the three important parts of the grain: the germ, bran and endosperm. (Only the inedible hull is removed.)

A golden oldie full of golden goodness! Wheat is thought to have originated in southwest Asia over 12,000 years ago. Unlike processed wheat where all the layers are stripped away, hulled wheat is a wholegrain that retains the three important parts of the grain: the germ, bran and endosperm. (Only the inedible hull is removed.) It can be used in a multitude of dishes, from soups to desserts and is delicious as a rice alternative in risotto! When it's cooked it becomes sweet, tender and nutty, lending itself to a number of tasty dishes.

Hareesa Soup

An ancient meal made with only a few ingredients, Hareesa is a rich and creamy soup made from wheat and chicken and has the consistency of porridge. This dish is intended to feed a crowd, and simmer for hours on end. The recipe could be simplified to make it a warm, comforting dish to feed your family in just a few hours.



Packing: 1 kg/bag



منتجات عالية الجودة



HARVEST

FIRST QUALITY PRODUCTS

Whole Wheat

قمح بلدي

Nutrition Facts:

2% Total Fat 1.1g.
1% Saturated Fat 0.2g.
0% Cholesterol 0mg.
6% Sodium 146mg.
2% Potassium 81mg.
5% Total Carbohydrates 14g.
8% Dietary Fiber 1.9g.
Sugars 1.4g.

Whole grains or foods made from them contain all the essential parts and naturally-occurring nutrients of the entire grain seed in their original proportions. ... This definition means that 100% of the original kernel – all of the bran, germ, and endosperm – must be present to qualify as a whole grain.

Whole wheat bread or whole-meal bread is a type of bread made using flour that is partly or entirely milled from whole or almost-whole wheat grains, see whole-wheat flour and whole grain. It is one kind of brown bread. ... Some regions of the US simply called the bread wheat bread, a comparison to white bread.

Packing: 1 kg/bag



منتجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Extra Wheat Flour

طحين إكسترا

Nutrition Facts:
Calories: 340
Water: 11%
Protein: 13.2 grams
Carbs: 72 grams
Sugar: 0.4 grams
Fiber: 10.7 grams
Fat: 2.5 grams

Wheat is one of the world's most commonly consumed cereal grains.

It comes from a type of grass (Triticum) that is grown in countless varieties worldwide.

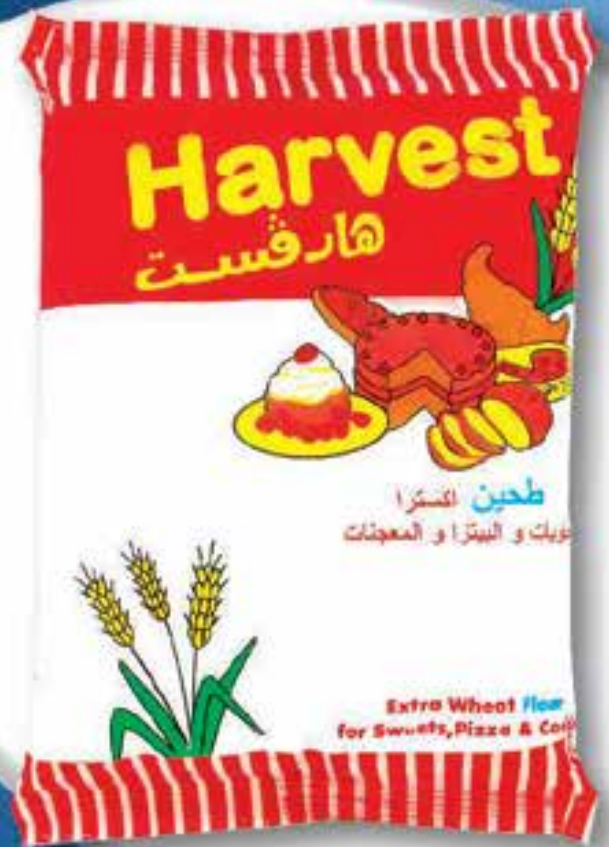
Bread wheat, or common wheat, is the primary species. Several other closely related species include durum, spelt, emmer, einkorn, and Khorasan wheat.

White and whole-wheat flour are key ingredients in baked goods, such as bread. Other wheat-based foods include pasta, noodles, semolina, bulgur, and couscous.

Wheat is highly controversial because it contains a protein called gluten, which can trigger a harmful immune response in predisposed individuals.

However, for people who tolerate it, whole-grain wheat can be a rich source of various antioxidants, vitamins, minerals, and fiber.

Packing: 1 kg/bag



منتجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Semolina for Sweets

سميد للحلويات

Nutrition Facts:

Semolina Dessert

3" piece (81g)

Calories from Fat 53, Calories 223,

9% Total Fat 5.8g,

18% Saturated Fat 3.5g,

3% Cholesterol 7.8mg,

2% Sodium 55mg,

3% Potassium 104mg,

13% Total Carbohydrates 40g.

Semolina is a coarse flour made from durum wheat, a hard type of wheat. When ground into a flour, durum wheat is known as semolina and used all over the world in bread, pasta, and porridge. This flour is darker and more golden in color than all-purpose flour. It has a mild, earthy aroma.

This wheat is known as "pasta wheat," it's most common application. However it is also used in baking other dishes:

Baked goods: spaghetti, baguette, batard, thin-crust pizza, ricotta dumplings, loaf bread, biscuit, gnocchi

Dishes: savory, sweet

Incorporating semolina flour into wheat flour creates a sweet. Good quality flat breads are made in some mediterranean countries using this flour and a short fermentation processes.

Packing: 1kg/bag



منتجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Fine Semolina

طحين فرخة

Nutrition Facts:

Calories: 198 calories.

Carbs: 40 grams.

Protein: 7 grams.

Fat: less than 1 gram.

Fiber: 7% of the Reference Daily Intake (RDI)

Thiamine: 41% of the RDI.

Folate: 36% of the RDI.

Riboflavin: 29% of the RDI.

Semolina is made from the middle of the durum wheat grain, and was one of the very first types of flour developed. In fact, its name comes from the Latin root, "semola," meaning flour. ... Fine Semolina, as the name suggests, is more thoroughly milled and looks like a fine flour.

Maamoul is a delicious traditional Middle Eastern cookie that is typically made on religious holidays such as Easter or Eid. What makes maamoul distinct are the subtle flavorings used in the dough and in the filling, including "Mahlab" aka Mahlepi an aromatic spice, rose water, orange blossom water, mistika, and in some cases acacia incense.

Maamoul fillings can include dates, walnuts, pistachio, or a combination of both or other nuts. Traditionally, maamoul with dates (also called maamoul bi siwn) is made with a round shaped mold, and maamoul with nuts with an elongated shape mold. Only nuts-filled maamoul gets sprinkled with powdered sugar. Dates-filled maamoul is baked slightly longer to get light brown cookies, whereas nuts-filled maamoul is removed from the oven at the slightest hint of browning.

Packing: 1kg/bag



منتوجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Corn Flour

كورن فلاور

Packing: 500g/bag

Nutrition Facts:

Corn flour, whole-grain, yellow, 1 cup
Protein (g) 8.11
Total lipid (fat) (g) 4.52
Carbohydrate, by difference (g) 89.91
Energy (kcal) 422.37
Sugars, total (g) 0.75

Corn flour is a type of flour that's milled from dried whole corn kernels. It contains the hull, germ, and endosperm of the corn and is considered a whole grain flour. Corn flour is usually yellow, but it can also be white or blue depending on the variety of corn it uses.

Corn flour is used to make bread, muffins, doughnuts, pancake mixes, infant foods, biscuits, wafers, breakfast cereals and breadings, and as a filler, binder and carrier in meat products. Dry-milled maize flour is not to be confused with 'cornflour', the term used in the United Kingdom for maize starch obtained as a product of maize wet milling.



منتجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Coarse Startch

نشاء حب

Packing: 500g/bag

Nutrition Facts:

One cup (159 grams) contains 126 grams of carbs, of which 117 grams (74%) is starch (8).

Starches are the most commonly consumed type of carb, and an important source of energy for many people. Cereal grains and root vegetables are common sources.

Starches are classified as complex carbs, since they consist of many sugar molecules joined together.

Traditionally, complex carbs have been viewed as healthier options. Cornmeal is a type of coarse flour made by grinding dried corn kernels. It is naturally gluten-free, which means it is safe to eat if you have celiac disease.

Although cornmeal contains some nutrients, it is very high in carbs and starch.



منتوجات عالية الجودة



HARVEST

FIRST QUALITY PRODUCTS

Popcorn

بوشار

Nutrition Facts:

In a serving of 3 cups of air-popped popcorn, you'll get:

Calories: 93.

Protein: 3 grams.

Carbohydrates: 18.6 grams.

Fiber: 3.6 grams.

Sugar: 0.2 grams.

Fat: 1.1 grams.

This is coming with a total of 387 calories, 13 grams of protein, 78 grams of carbs and 5 grams of fat. This serving also contains a whopping 15 grams of fiber, which is extremely high. It makes it one of the world's best sources of fiber.

Popcorn is a whole grain, which is a group of foods that help boost heart health. It has the following nutritional benefits:

high in fiber

contains protein

contains vitamins and minerals

low in fat and sugar

contains no cholesterol

Air-popped popcorn with no oil provides the best health benefits.

People can air-pop popcorn by heating popcorn kernels in a popcorn maker or on a stovetop.

Packing: 500g/bag



منتوجات عالية الجودة



HARVEST

FIRST QUALITY PRODUCTS

Chips

شيبس

Packing: 100g/bag

Nutrition Facts:

Total Fat 6g. 8%
Saturated Fat 0g.
Cholesterol 0mg.
Sodium 125mg. 5%
Dietary Fiber 0g.
Total Sugars 10g.
Added Sugars 0g.
Protein 0g.

Chips are a snack food made from cornmeal fried in oil or baked, usually in different colored shapes. Corn chips are thick, and rigid. this delicious snack appetizer board! We had a mix of savory and sweet snacks, along with some pastry filled snacks with sweet fillings like bean pastes. Shrimp chips are definitely a must and crowd favorite to add. As well as rice crackers, - we offered ones plain and ones wrapped with seaweed for variety.

Square, triangle, wheel and pipe shape Fryums Papad or fingers is a crunchy Snack Pellets.



منتوجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Dried Molokhia

ملوخية يابسة

Nutrition Facts:

Molokhia - 1 cup

cup (216g)

Calories from Fat 78, Calories 142.

13% Total Fat 8.6g.

8% Saturated Fat 1.5g.

9% Cholesterol 28mg.

27% Sodium 651mg.

9% Potassium 317mg.

2% Total Carbohydrates 5g.

Mulukhiyah, molokheyya, molokhia or mulukhiyyah (Arabic: ملوخية mulukhiyyah) is commonly known in English as denje'c'ute, nalta jute, tossa jute, jute mallow or Jew's mallow. It is used as a vegetable. It is popular in Middle East, East African and North African countries and is called "Saluyot" in the Philippines. Mulukhiyah is rather bitter, and when boiled, the resulting liquid is a thick, highly mucilaginous broth; it is often described as "slimy", rather like cooked okra.

Mulukhiyah is generally eaten cooked, not raw, and is most frequently turned into a kind of soup or stew, typically bearing the same name as the vegetable in the local language. Traditionally mulukhiyah is cooked with chicken or at least chicken stock for flavor and is served with white rice, accompanied with lemon or lime.



Packing: 200g/bag



منتجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Vermicelli Noodles

شعيرية

Packing: 500g/bag

Nutrition Facts:

Vermicelli Noodles

2% Total Fat 1.3g.

1% Saturated Fat 0.3g.

0% Cholesterol 0mg.

0% Sodium 1.4mg.

2% Potassium 62mg.

14% Total Carbohydrates 43g.

10% Dietary Fiber 2.5g.

Sugars 0.8g.

Vermicelli, which translates to "little worms" in English, is a long, very thin pasta. In Italy, vermicelli is thicker than spaghetti, but in the USA the pasta shape is thinner. Vermicelli is best topped with any sauce, or as a salad or used in a stir fry.

Although vermicelli may not have the most appetizing name (it translates, rather unfortunately, to "little worms"), the extra-thin noodles are quick-cooking and good with countless flavors, as proven by the fact that they're used all around the world in meals from breakfast to dessert.



منتوجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Mixed extra thyme

زَعْتَرِ اِكْسْتَرَا

Nutrition Facts:

6% Total Fat 4.2g.
6% Saturated Fat 1.2g.
0% Cholesterol 0mg.
1% Sodium 22.5mg.
20% Total Carbohydrates 61.1g.
Sugars 0g.
Protein 13.9g.

Whether it is called zaatar, za'atar, wild thyme or Lebanese oregano, our beloved Lebanese thyme thrives along the rocky hillsides of the Jezzine region in Southern Lebanon. A long-standing condiment of Lebanese cuisine, zaatar today has made its way into food cultures around the world. Sprinkle on chicken, vegetables or any savory meal you want to spice up. Or just add it to extra virgin olive oil for a nutty, tangy and aromatic spread.

Health Benefits

The zaatar mix is chock-full of vitamins and flavonoids: thymol, carvacrol, gallic acid and quercetin. Antifungal, antimicrobial, antiseptic and anti-inflammatory properties improve your skin and immune system, treat respiratory problems and chronic diseases. Its minerals: calcium, iron, copper and magnesium build strong bones, boost blood flow, mood and memory.

Production Process

The zaatar is dried in an aerated room away from direct sunlight, to preserve its natural green color and nutritional properties.

Packing: 200g/bag
500g/bag



منتوجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Sesame (Roasted & White)

سمسم (أبيض و محمص)

Nutrition Facts:

Seeds, sesame seeds, whole, roasted and toasted, 1 oz

Protein (g) 4.81

Total lipid (fat) (g) 13.61

Carbohydrate, by difference (g) 7.3

Energy (kcal) 160.18

Fiber, total dietary (g) 3.97

Sesame seeds are tiny, oil-rich seeds that grow in pods on the *Sesamum indicum* plant.

Unhulled seeds have the outer, edible husk intact, while hulled seeds come without the husk.

The hull gives the seeds a golden-brown hue. Hulled seeds have an off-white color but turn brown when roasted.

Sesame seeds have many potential health benefits and have been used in folk medicine for thousands of years. They may protect against heart disease, diabetes, and arthritis (1Trusted Source).

However, you may need to eat significant amounts — a small handful per day — to gain health benefits.

Try adding sesame seeds to:

stir-fries
steamed broccoli
hot or cold cereal
granola and granola bars
bread and muffins
crackers
yogurt
smoothies
salads
salad dressing
hummus
garnishes

Packing: 500g/bag



منتجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Iodized Salt

ملح ميوود

Nutrition Facts:

1sp (0.8g)
0% Total Fat 0g.
0% Saturated Fat 0g.
0% Cholesterol 0mg.
25% Sodium 590mg.
0% Potassium 0mg.
0% Total Carbohydrates 0g.
0% Dietary Fiber 0g.
Sugars 0g.

Iodised salt (also spelled iodized salt) is table salt mixed with a minute amount of various salts of the element iodine. The ingestion of iodine prevents iodine deficiency. Worldwide, iodine deficiency affects about two billion people and is the leading preventable cause of intellectual and developmental disabilities.

Deficiency also causes thyroid gland problems, including endemic goitre. In many countries, iodine deficiency is a major public health problem that can be cheaply addressed by purposely adding small amounts of iodine to the sodium chloride salt.

Where natural levels of iodine in the soil are low and the iodine is not taken up by vegetables, iodine added to salt provides the small but essential amount of iodine needed by humans.

Packing: 700g/bag



منتجات عالية الجودة





HARVEST
FIRST QUALITY PRODUCTS

American Rice

أرز أمريكي

Nutrition Facts:

1/2 tsp (0.8g)
Calories from Fat 0. Calories 0.
0% Total Fat 0g.
0% Saturated Fat 0g.
0% Cholesterol 0mg.
13% Sodium 314mg.
0% Potassium 0.1mg.
0% Total Carbohydrates 0g.

Coarse salt refers to sea salt or kosher salt, salt that has a much larger grain to it than common table salt – hence the name “coarse” salt. The reason that coarse salt is so popular is not that it is saltier or more flavorful than regular salt, but because it has a more dramatic impact when it comes to flavoring.

Sea salt is made by evaporating salt water. People around the world have used it since prehistoric times, and it's commonly found in many kitchens today.

Aside from its culinary uses, sea salt is often added to body scrubs, baths, beverages, and countless other products.

Some people believe it's healthier than other types of salt and provides several benefits, but there is little research to back these claims. Compared with table salt, sea salt is less processed, contains more trace nutrients, and has a larger particle size, a characteristic that explains why it contains less sodium per teaspoon. However, these differences do not make it nutritionally superior.



Packing: 1 kg/bag



منتجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Himalaya Salt

ملح همالايا

Packing: 500g/bag

Nutrition Facts:

Potassium (mg)	2.8
Magnesium (mg)	1.06
Iron (mg)	0.0369
Sodium (mg)	368

Himalayan salt is rock salt (halite) mined from the Punjab region of Pakistan. The salt, which often has a pinkish tint due to trace minerals, is primarily used as a food additive to replace refined table salt but is also used for cooking and food presentation, decorative lamps and spa treatments. The product is often promoted with groundless claims that it has health benefits.

Many people claim that it's loaded with minerals and provides incredible health benefits.

For these reasons, pink Himalayan salt is often thought to be much healthier than regular table salt.



منتوجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Coconut

جوز الهند

Nutrition Facts:

Calories: 283.

Protein: 3 grams.

Carbs: 10 grams.

Fat: 27 grams.

Sugar: 5 grams.

Fiber: 7 grams.

Manganese: 60% of the Daily Value (DV)

Selenium: 15% of the DV.

**COCONUT LADOO – WITH
CONDENSED MILK**

Place 2 cups desiccated coconut in a deep pan. Place the pan over low flame. Lightly toast the coconut. Stir constantly to avoid burning. (Note: do not allow the coconut to change color).

Pour in the condensed milk. Mix well. Stir constantly for 20 minutes or until the mixture becomes really thick and leaves the sides of the pan. Start on a medium flame, then lower it when the mixture starts sticking to the bottom of the pan. Never allow it to burn. Remove from flame.

When the mixture is warm enough to touch, make small balls out of the mixture. The mixture will be very sticky, so apply some oil on your hand. At this stage, the ladoos will also look very floppy, but they will harden when cooled.

Now place ½ cup desiccated coconut in a shallow bowl or plate. Roll the ladoos in coconut. Serve.

Packing: 200g /bag
400g /bag



منتجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Zhourat Extra

زهورات إكسترا

Nutrition Facts:

cup (8 fl oz) (237g)
Calories from Fat 0. Calories 2.4.
0% Total Fat 0g.
0% Saturated Fat 0g.
0% Cholesterol 0mg.
0% Sodium 2.4mg.
1% Potassium 21mg.
0% Total Carbohydrates 0.5g.

Zhourat (Z- hoo-rat) is a common Middle-Eastern herbal tea that is made up of a blend of dried wild flowers, herbs, leaves, and fruits. The main ingredient being Rosa damasena (rose petals) which is known for its widespread health benefits, from reducing pain to preventing bacterial infections. Zhourat is soothing blend of dried herbs and flowers. The exact mix varies depending on each region, but the main ingredients are consistent. Rose petals, for instance, are included in the majority of Zhourat mixes. As for the rest, it is usually a combination of the below:

- Rose Petals
 - Chamomile
 - Dried Oregano Leaves
 - Spearmint
 - Fennel Seeds
 - Dried Sage
 - Lemon Verbena
- Benefits of Zhourat (Lebanese Herbal Tea)
- Helps Fight Colds
 - Fights Insomnia
 - Calms Upset Stomach

Packing: 100 g/bag



منتوجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Citric Ganules

حامض الليمون

Nutrition Facts

tsp (4.9g)

Calories 0.1.

0% Total Fat 0g.

0% Saturated Fat 0g.

0% Cholesterol 0mg.

0% Sodium 0.3mg.

0% Potassium 0.5mg.

0% Total Carbohydrates 0g.

Citric acid is often added to packaged food and drinks. It helps keep canned and jarred foods fresh over long periods of time. It can prevent some kinds of fresh-cut produce, like sliced apples, from turning brown. Citric acid can also help thicken foods or give them a slightly sour flavor.

Citric acid is found naturally in citrus fruits, especially lemons and limes. It's what gives them their tart, sour taste.

A manufactured form of citric acid is commonly used as an additive in food, cleaning agents, and nutritional supplements.

However, this manufactured form differs from what's found naturally in citrus fruits.

Examples of citrus fruits include:

lemons
limes
oranges
grapefruits
tangerines
pomeelos



Packing: 200 g/bag



منتجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Carbonates

كربونات

Packing: 200 g/bag

Nutrition Facts:
Sodium 650 mg

Sodium carbonate is a food additive (E500) used as an acidity regulator, anticaking agent, raising agent, and stabilizer. It is one of the components of kansui (かん水), a solution of alkaline salts used to give ramen noodles their characteristic flavor and texture.



منتجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Sunflower Seeds

بزر دوار الشمس

Nutrition Facts:

100 grams of sunflower seeds

Calories 584 kcal

Sugar 2.6g

Fat 51g

Saturated fat 4.5g

Polyunsaturated fat Monounsaturated fat 23g 19g

Sunflower seeds have a mild, nutty flavor and a firm but tender texture. They're often roasted to enhance the flavor, though you can also buy them raw. Summary. Sunflower seeds come from the large flower heads of the sunflower plant. The edible variety has a mild, nutty flavor.

Benefits of sunflower seeds

Good for your heart

High in antioxidants

May help promote healthy blood sugar levels

Rich in minerals

Convenient and filling snack:

Sunflower seeds are portable and super filling thanks to plenty of protein, fat, and fiber. That means they're a smart snack if you're on the run.

Protein is the most filling of the macronutrients and sunflower seeds provide 5.4 grams per ounce, which is pretty good for a plant-based protein source. Plus, they pack in fiber and healthy fats, making them a balanced snack.

Packing: 200g/bag



منتوجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Extra Canary Mix

مخلوطة الكنار

Nutrition Facts:

Protein 14.5%

Fat 10.0%

Fibre 6.5%

A premium quality mix containing a large proportion of NZ canary seed.

High in carbohydrates and protein. Panicum is enjoyed by smaller birds and offers a variety of essential minerals with the linseed and bird rape adding a healthy tonic.

A nutritionally complete and well balanced mix.

Dust free, no fillers.

Ingredients: Canary, Panicum, Linseed, Oilseed Rape

This feed is scientifically formulated for the intended species of animal and should not be fed to any other animal. It may contain medication and ingredients that may prove harmful if fed to other species.

Canaries are cute little birds that make wonderful pets. To make sure that they live long and healthy lives, it's important to feed them a healthy and proper diet. This diet needs to include the right foods and should be given to the bird in an appropriate way. This will ensure that the bird is getting all the nutrients it needs.

Packing: 500g/bag



منتوجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Bay Leaf & Chicken Boil Mix

ورق غار & خلطة سلق الدجاج

Nutrition Facts:

Calories: 5.6.

Protein: Less than 1 gram.

Fat: Less than 1 gram.

Carbohydrates: 1 gram.

Fiber: Less than 1 gram.

Sugar: Less than 1 gram.

Some of the most widely known benefits are: 1. Bay leaves are a rich source of vitamin A, vitamin C, iron, potassium, calcium, and magnesium. Also regular inclusion of bay leaves in meals promotes general health.

Traditionally, bay leaves are picked and dried slowly under the shade away from direct sunlight to retain their volatile essential oils.

In the spice stores, one might come across different kinds of bay leaf preparations. Completely dry, and ground (spicy powder) forms can also be sold in such stores. Buy from authentic sources and avoid those with off-smell, spots, or fungus-inflicted leaves.

Once at home, store bay leaf in an airtight jar or container and keep it away from direct light. Since they lose flavor early, laurel leaves should not be kept for longer than a year.

Dried bay laurel berries are also being used as a flavoring item in dishes.

Discard Laurel from the food before serving since they may cause choking, may cut tongue and injure digestive tract. Pregnant women should avoid eating them in excess as the chemical compounds in them may cause abortion.

Packing: 50g/bag



منتجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Cinnamon Stick

قرفة عود

Nutrition Facts:

Cinnamon Stick - 1 stick
stick (1.3g)

Calories from Fat 0.2. Calories 3.2.

0% Total Fat 0g.

0% Saturated Fat 0g.

0% Cholesterol 0mg.

0% Sodium 0.1mg.

0% Potassium 5.6mg.

0% Total Carbohydrates 1.1g.

Cinnamon sticks, often referred to as quills, are hollow rolled pieces of tree bark measuring 7 to 10 centimeters in length. The surface of the stick is red-brown and rough to the touch. Inside, Cinnamon sticks bear a darker, grey-brown hue with a smooth and powdery texture.

The cinnamon in your spice rack is most likely Cinnamomum cassia, which is native to China and the most common type sold in the United States and Canada. Emilija Manevska/Getty Images

Whether it's sprinkled atop a steaming pumpkin spice latte, dropped as a curl of bark into a hot wintertime cider, or featured in an aromatic, freshly baked apple pie, cinnamon has the power to evoke a degree of nostalgia and luxury that few other spices can match.

Since ancient times, the fragrant spice has delighted palates, influenced the fate of nations, and been hailed for its supposed medicinal properties.

Packing: 100g/bag



منتجات عالية الجودة



بھارت

1% Total Fat 0.5g.
1% Saturated Fat 0.2g.
0% Cholesterol 0mg.
0% Sodium 2.4mg.
2% Potassium 84mg.
1% Total Carbohydrates 3.4g.
8% Dietary Fiber 2.1g.
Sugars 0.2g.

Spices are usually used dried, though some, such as chile peppers and ginger, are used in both their fresh and dried forms. Some typically dried spices are used in their fresh form in the countries that produce them. Many of the world's highly prized spices—such as cardamom, cinnamon, cloves, ginger, and pepper—are fragrant or pungent plant products cultivated in tropical and subtropical regions.

1. Caraway كراوية
2. Cumin كمون
3. Mastic المصطكي
4. Saffron زعفران
5. Sumac ساق
6. Tarragon الطرخون
7. Paprika بابريكا
8. Vanilla فانيلا
9. Ajwain اعوين
10. Galangal جالانجيل



Packing: 50g/bag

Pepper	فلفل اسود	Thyme	زعتر
الفلفل الابيض	Sumac	سمان	
Paprika	فلفل حلو	Mustard	ماسترده
Chilli	(فلفل حراق) (الشطة)	Dill	ثبت
Cardamom	حبان	Caraway	كاراويا
Cinnamon	قرقه	Vanilla	فانيليا
Anise	بنسون	Maslic	مسلكه
Star Aniseed	بنسون نجمي	Mini	نمناع
Nutmeg	جوزة الطيب	Basil	ريحان
Clove	قرنفل	Juniper	جونبير / عرعر
Coriander	كزبره	Curry	كاري
Sage	مريميه	Tarragon	طرخون
Cumin	كمون	Tamarind	تمر هندي
Fennel	شمر	Licorice	عرقسوس
Ginger	جنزبيل	Marjoram	مرقوش
Saffron	زعفران	Mace	قشرة جوزة الطيب
Turneric	كركم	Wasabi	وسابي
Rosemary	روزماري	Sorrel	حميض
Parsley	پتونس	Poppy Seed	بذر خمشاش
Bay Leaf	ورق الغار	Celery seeds	بذر الكرفس



منتجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Tomato Ketchup

كاتشب

Nutrition Facts:

0% Total Fat 0g.
0% Saturated Fat 0g.
0% Cholesterol 0mg.
6% Sodium 154mg.
1% Potassium 48mg.
2% Total Carbohydrates 4.7g.
0% Dietary Fiber 0.1g.
Sugars 3.6g.

Tomato ketchup is a sweet and tangy condiment made from tomatoes, sugar, and vinegar, with seasonings and spices. The spices and flavors vary, but commonly include onions, allspice, coriander, cloves, cumin, garlic, and mustard, and sometimes include celery, cinnamon, or ginger.

The market leader in the United States (60% market share) and the United Kingdom (82%) .

Tomato ketchup is most often used as a condiment to dishes that are usually served hot and may be fried or greasy: french fries and other potatoes, hamburgers, hot dogs, chicken tenders, tater tots, hot sandwiches, meat pies, cooked eggs, and grilled or fried meat. Ketchup is sometimes used as the basis for, or as one ingredient in, other sauces and dressings, and the flavor may be replicated as an additive flavoring for snacks, such as potato chips.



Packing: 340g/Can



منتجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Tomato Paste

معجون الطماطم

Nutrition Facts:

tbsp (16g)

Calories from Fat 0.7. Calories 13.

0% Total Fat 0.1g.

0% Saturated Fat 0g.

0% Cholesterol 0mg.

0% Sodium 9.4mg.

5% Potassium 162mg.

1% Total Carbohydrates 3g.

Tomato paste is a thick paste made by cooking tomatoes for several hours to reduce the water content, straining out the seeds and skins, and cooking the liquid again to reduce the base to a thick, rich concentrate.

In the UK, paste is referred to as purée or concentrate. By contrast, in the U.S. tomato purée is a liquid with a consistency between crushed tomatoes and tomato paste, and consists of tomatoes that have been boiled briefly and strained.

It was traditionally made in parts of Sicily, southern Italy and Malta by spreading out a much-reduced tomato sauce on wooden boards. The boards are set outdoors under the hot August sun to dry the paste until it is thick enough, when scraped up, to hold together in a richly colored, dark ball. Today, this artisan product is harder to find than the industrial (much thinner) version.

Packing: 300g/can

660g/can

1300g/can



منتوجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Cooked Fava Beans & Chick-peas

فول مدمس و حمص مسلوق

Nutrition Facts:

Canned Fava Beans

cup (256g)

Calories from Fat 5.1. Calories 182.

1% Total Fat 0.6g.

0% Saturated Fat 0.1g.

0% Cholesterol 0mg.

48% Sodium 1160mg.

18% Potassium 620mg.

11% Total Carbohydrates 32g.

Authentic fowl mudammas recipe, made with hearty, creamy fava beans and loaded with flavor from ground cumin, fresh herbs, and a zippy lemon garlic sauce with hot peppers! Don't worry, the sauce is not spicy, but it adds just the right kick.

Serve it with warm pita bread and sliced veggies. Or turn it into a big vegan feast with sides like tahini, hummus, and roasted cauliflower! Fowl mudammas, pronounced "fool mudammas," is a popular vegan dish throughout the Middle East and the Levant, but it is actually considered Egypt's national dish.

Fava beans may not be as familiar to you as black beans or kidney beans, for example. But they are an ancient legume and have been a part of the Middle Eastern kitchen and the Mediterranean diet since the 4th century!

Packing: 400g/Can



منتجات عالية الجودة



HARVEST
FIRST QUALITY PRODUCTS

Sesame Tahini

طحينة

Nutrition Facts:

Calories: 89.

Protein: 3 grams.

Carbs: 3 grams.

Fat: 8 grams.

Fiber: 2 grams.

Copper: 27% of your daily value.

Selenium: 9% of your daily value.

Phosphorus: 9% of your daily value.

Tahini is a paste made from toasted, ground sesame seeds. It has a light, nutty flavor. It's best known as an ingredient in hummus but widely used in many dishes around the world, particularly in Mediterranean and Asian cuisine. Aside from its culinary uses, tahini offers several health benefits.

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Here are 9 health benefits of tahini.

- Highly nutritious
- Rich in antioxidants
- May decrease your risk of certain diseases
- May have antibacterial properties
- Contains anti-inflammatory compounds
- May strengthen your central nervous system
- May offer anticancer effects
- May protect liver and kidney function
- Easy to add to your diet



Packing: 400g/pack
800g/pack



منتوجات عالية الجودة



HARVEST

FIRST QUALITY PRODUCTS

Halawa

حلاوة

Nutrition Facts:

Halawa Plain

15% Total Fat 10g.

8% Saturated Fat 1.5g.

0% Cholesterol 0mg.

0% Sodium 0mg.

5% Total Carbohydrates 14g.

16% Dietary Fiber 4g.

Sugars 10g.

Protein 4g.

Halawa Chocolate per Kg is a famous Arabian sweet delicacy prepared with sesame seed paste referred to as Tahini, sugar, halawa extract and chocolate. Rich in minerals such as phosphorous, magnesium, potassium and iron.

"Halawa" (sweetness in Arabic) usually refers to a tahini (sesame paste)-based Middle Eastern dessert sometimes flavored with pistachio, almond or chocolate. However, Halawa, Halwa or Halva can be prepared with flour, semolina, rice-flour or corn-starch instead of tahini thus giving it different textures and tastes. Halawa is known and prepared in various parts of the world such as Europe, Asia and the Americas.

The following recipe is typical to the Shouf region of Mount Lebanon and is prepared with whole-wheat flour as a base and sweetened with natural grape molasses instead of refined sugar.

Packing: 400g/Pack



منتوجات عالية الجودة





HARVEST
FIRST QUALITY PRODUCTS

Red Vinegar

خل أحمر

1l / Bottle

Nutrition Facts:

The nutrition information for 100 grams of red vinegar is:

Calories: 6.

Protein: 0 grams.

Fat: 0 grams.

Carbohydrates: 0 grams.

Fiber: 0 grams.

Description. Organic larder red grape vinegar is made from red grapes. Red grape vinegar is rich in polyphenols, these are oxidants that help protect you from free radicals. It is best used in salads and other Italian cuisine.

From the fragrant fruit, to the bottle on your table, you can be sure that this fermented and healthy product will make cooking come to life.

How to Make Grape Vinegar

- 1- Harvest Your Grapes.
- 2- Extract Juice from Your Grapes.
- 3- Place Your Juice In a Fermenting Container.
- 4- Leave It to Work In Proper Temperatures.
- 5- The Fermenting Phases.
- 6- How to Tell When Your Grape Vinegar is Ready.
- 7- How to Bottle Grape Vinegar.



منتجات عالية الجودة

HARVEST

Makkawi Trading & Distribution Co.
FIRST QUALITY PRODUCTS



- Makkawi Trading & Distribution Co. was founded in Lebanon in 1986. Through its long experience in the field of seeds, pulses and grains, it packages and distributes them under Harvest brand name. Harvest products are high quality products packed using the latest technology to meet high consumer satisfaction.

Makkawi Trading & Distribution has earned a very good reputation in packing food rations & boxes for many charitable persons and organizations, such as:

The International Red Cross - Hariri Foundations - Beirut Social Development Association - Ahlouna Association - AnnasLinnas Association - Islamic Relief Association

- Industries
Food & Beverages
- Specialties
Rice, Sugar, Herbs, Lentils, Wheat and Wheat extracts, Beans, Seeds, Halawa, Spices, Tuna, Frying Oil, Mushroom, Sweet Corn, Sesame, Sesame Cream, Lupines, Borghol, and Pop Corn

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