# Strong Achievements . Based on Long Experience

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|    |                                |  |  |  |  |

### **MNTRA**

Welcome to MNTRA, where a legacy of over three decades in the FMCG sector is the foundation of our journey. Born from visionary leadership, MNTRA Food Group stands as a symbol of trust and quality in the Food Industry. As a distinguished Co-Manufacturing and private label supplier of IQF and concentrates in Egypt, ourstory unfolds with collaborative success and mutual growth at its core.

Our commitment to excellence begins with the careful selection of fresh produce, chosen for its exceptional quality and flavor. Using cutting-edge technology, we individually quick freeze each product, locking in freshness and nutritional value. This meticulous process, fortified by stringent quality control methods, ensures that every MNTRA product not only meets but exceeds the highest standards.

At MNTRA, success is more than a business achievement—it's a result of visionary leadership and robust partnerships cultivated over the years. These alliances extend beyond transactions, forming the bedrock of our operations and fostering an environment of mutual respect and shared goals. Through collaborative efforts, we consistently deliver exceptional products and services to our esteemed customers.

Discover a world of nourishing food products crafted with care, responsibility, and sustainability. MNTRA Food Group invites you to experience the essence of trust, quality, and excellence in every bite.



# Vision, Mission

### VISION

Striving to become a global leader in providing nourishing food products through safe, responsible, and sustainable practices.

#### MISSION

At MNTRA Food Group, our mission goes beyond the creation of food products. We are dedicated to enriching the daily lives of our customers by offering exceptional food choices. Our commitment extends to enhancing well-being, ensuring quality, and fostering sustainability in everything we do. 

### **Our Certificates**





### **MOLOKHIA**



### **MOLOKHIA**

Strong Achievements . Based on Long Experience

Nutrition Facts: per 100g serving

#### **Nutrition Facts**

| Serving Size 100 g<br>Amount per serving  |                     |
|---|---------------------|
| Calories 20   | Clories from fat 10 |
| % Daily \   | /alue*              |
| Total fat 1 g   | 1%                  |
| Saturated fat og  | 0%                  |
| Trans Fat 0g  |                     |
| Cholesterol 0 mg  | 0%                  |
| Sodium 12 mg  | 1%                  |
| Total Carbohydrates 1 g   | 7%                  |
| Dietary Fibers <b>2</b> g   |                     |
| Sugars 0 g  |                     |
| Protein 2 g   |                     |
| Vitamin A 10%   | Vitamin C 20%       |
| Calcium 1%  | Iron 4%             |
| * Percent Daily Values are<br>calorie diet. Your daily v<br>or lower depending on y | alues may be higher |

Cubes Minced Leaves With Takliya

#### • Packaging

Retail : 400g - 800g Food Services : 400g - 1 kg - 2.5 kg - 10 kg Cont Capacity
Capacity (non Palletized): 23.2 Tons - 26 Tons
All Year
Capacity (Palletized): 20.8 Tons - 24 Tons

#### Season

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### **SPINACH**



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Nutrition Facts: per 100g serving

#### **Nutrition Facts**

| C-I-ui aa                | 01             | -+ 0 |
|--------------------------|----------------|------|
| Calories 30              | Clories from f | atu  |
| <u> </u>                 | /alue*         |      |
| Total fat O g            |                | 0%   |
| Saturated fat <b>0</b> g |                | 1%   |
| Trans Fat 0g             |                |      |
| Cholesterol 0 mg         |                | 0%   |
| Sodium 13 mg             |                | 1%   |
| Total Carbohydrates 4 g  |                | 1%   |
| Dietary Fibers 5 g       |                | 20%  |
| Sugars O g               |                |      |
| Protein <b>2</b> g       |                |      |
| Vitamin A 9%             | Vitamin C      | 21%  |
| Calcium 1%               | Iron           | 10%  |

calorie diet. Your daily values may be higher or lower depending on your calorie needs

### **SPINACH**

#### Packaging Cont Capacity Availability Retail: 400g - 800g Capacity (non Palletized): 23.2 Tons - 26 Tons All Year Food Services : 400g - 1 kg - 2.5 kg - 10 kg Capacity (Palletized): 20.8 Tons - 24 Tons Season May Jul Oct Nov Dec Jan Feb Mar Apr Jun Aug Sep

### **GREEN BEANS**





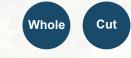
#### Nutrition Facts: per 100g serving

#### **Nutrition Facts**

| Serving Size<br>Amount per se |                     |        |         |          |        |
|-------------------------------|---------------------|--------|---------|----------|--------|
| Calories 85                   | •                   |        | Clorie  | es from  | fat 40 |
|                               | % Da                | ily Va | ue*     |          |        |
| Total fat 4.6                 |                     |        |         |          | 4%     |
| Saturated fa                  | it 0.7 g            |        |         |          | 0%     |
| Trans Fat 0                   | q                   |        |         |          |        |
| Cholesterol                   | 0 mg                |        |         |          | 0%     |
| Sodium <b>0</b> mg            |                     |        |         |          | 0%     |
| Total Carbohy                 | drates <b>9.4</b> c |        |         |          | 3%     |
| Dietary Fibe                  | rs 2.8g             |        |         |          |        |
| Sugars 4.8g                   | 1                   |        |         |          |        |
| Protein 1.6 g                 |                     |        |         |          |        |
| Vitamin A                     | 3%                  |        | V       | itamin C | 20%    |
| Calcium                       | 5%                  |        | ir      | on       | 7%     |
| * Percent D                   | aily Values         | are    | based o | n a 200  | 0      |

calorie diet. Your daily values may be higher or lower depending on your calorie needs





#### Packaging

Retail: 400g - 800g Food Services : 400g - 1 kg - 2.5 kg - 10 kg

#### Cont Capacity

Capacity (non Palletized): 23.2 Tons - 26 Tons **All Year** Capacity (Palletized): 20.8 Tons - 24 Tons



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### **MIXED VEGETABLES**





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#### Nutrition Facts: per 100g serving

#### **Nutrition Facts**

| Serving Size 100 g  |                 |      |
|---|-----------------|------|
| Amount per serving  |                 |      |
| Calories o  | Clories from fa | t 0  |
| % Daily Va  | alue*           |      |
| Total fat O g   |                 | 0%   |
| Saturated fat <b>0</b> g  |                 | 0%   |
| Trans Fat 0g  |                 |      |
| Cholesterol 0 mg  |                 | 0%   |
| Sodium O mg   |                 | 0%   |
| Total Carbohydrates Og  |                 | 0%   |
| Dietary Fibers <b>O</b> g   |                 | 0%   |
| Sugars O g  |                 |      |
| Protein Og  |                 |      |
| Vitamin A 0%  | Vitamin C       | 0%   |
| Calcium 0%  | Iron            | 0%   |
| * Percent Daily Values are<br>calorie diet. Your daily va<br>or lower depending on yo | lues may be hi  | gher |

### **MIXED VEGETABLES**





#### • Packaging

Retail : 400g - 800g Food Services : 400g - 1 kg - 2.5 kg - 10 kg

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• Cont Capacity

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Capacity (non Palletized): 23.2 Tons - 26 Tons All Year Capacity (Palletized): 20.8 Tons - 24 Tons

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### **GREEN PEAS**





#### Nutrition Facts: per 100g serving

#### **Nutrition Facts**

| Serving Size 100 g<br>Amount per serving |                      |
|--|----------------------|
| Calories o                               | Clories from fat 110 |
| % Daily                                  | Value*               |
| Total fat O g                            | 0%                   |
| Saturated fat <b>0</b> g                 | 0%                   |
| Trans Fat 0g                             |                      |
| Cholesterol 0 mg                         | 0%                   |
| Sodium 9 mg                              | 0%                   |
| Total Carbohydrates 21 g                 | 7%                   |
| Dietary Fibers 5 g                       |                      |
| Sugars O g                               |                      |
| Protein 6 g                              |                      |
| Vitamin A 11%                            | Vitamin C 19%        |
| Calcium 1%                               | Iron 2%              |
| * Percent Daily Values a                 |                      |

calorie diet. Your daily values may be higher or lower depending on your calorie needs

### **GREEN PEAS**

#### • Packaging

Retail : 400g - 800g Food Services : 400g - 1 kg - 2.5 kg - 10 kg

#### Cont Capacity

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#### Availability

Capacity (non Palletized): 23.2 Tons - 26 Tons All Year Capacity (Palletized): 20.8 Tons - 24 Tons

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### **PEAS & CARROT**





#### Nutrition Facts: per 100g serving

#### **Nutrition Facts**

| Serving Size 100 g        |                 |     |
|---------------------------|-----------------|-----|
| Amount per serving        |                 |     |
| Calories o                | Clories from fa | t 0 |
| % Daily                   | Value*          |     |
| Total fat O g             |                 | 0%  |
| Saturated fat <b>0</b> g  |                 | 0%  |
| Trans Fat 0g              |                 |     |
| Cholesterol 0 mg          |                 | 0%  |
| Sodium O mg               |                 | 0%  |
| Total Carbohydrates O g   |                 | 0%  |
| Dietary Fibers <b>O</b> g |                 | 0%  |
| Sugars O g                |                 |     |
| Protein Og                |                 |     |
| Vitamin A 0%              | Vitamin C       | 0%  |
| Calcium 0%                | Iron            | 0%  |

calorie diet. Your daily values may be higher or lower depending on your calorie needs

### **PEAS & CARROT**

#### • Packaging

Retail : 400g - 800g Food Services : 400g - 1 kg - 2.5 kg - 10 kg

#### • Cont Capacity

Capacity (non Palletized): 23.2 Tons - 26 Tons All Year Capacity (Palletized): 20.8 Tons - 24 Tons

#### Season

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Nutrition Facts: per 100g serving

#### **Nutrition Facts** Serving Size 100 g Amount per serving Calories 50 Clories from fat 10 % Daily Value\* Total fat 1 g 1% 0% Saturated fat og Trans Fat 0g Cholesterol 0 mg 0% Sodium 14 mg <u>1%</u> 3% Total Carbohydrates 8 g 16% **Dietary Fibers 4g** Sugars Og Protein 3 g 9% Vitamin C 10% Vitamin A 1% 1% Calcium Iron \* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs Okra Okra Okra Okra Zero Fine Royal OKRA Extra Okra Green Okra Sliced Cont Capacity Packaging Availability Retail: 400g - 800g Capacity (non Palletized): 23.2 Tons - 26 Tons All Year Food Services : 400g - 1 kg - 2.5 kg - 10 kg Capacity (Palletized): 20.8 Tons - 24 Tons Season Feb Jan Mar Apr Oct Nov Mav Dec Л Aud

### BROCCOLI



# Etong Achievements. Based on Long Experience

Nutrition Facts: per 100g serving

#### **Nutrition Facts**

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| Serving Size 100 g<br>Amount per serving              |                     |
|---|---------------------|
| Calories 60   | Clories from fat 40 |
| % Daily   | Value*              |
| Total fat 4 g   | 6%                  |
| Saturated fat <b>0</b> g                              | 0%                  |
| Trans Fat 0g  |                     |
| Cholesterol 0 mg                                      | 0%                  |
| Sodium 7 mg   | 0%                  |
| Total Carbohydrates 3 g                               | 1%                  |
| Dietary Fibers 3 g                                    | 10%                 |
| Sugars 1 g  |                     |
| Protein 3 g   |                     |
| Vitamin A 10%   | Vitamin C 35%       |
| Calcium 1%  | Iron 1%             |
| * Percent Daily Values an<br>calorie diet. Your daily |                     |

### BROCCOLI

#### Availability Packaging • Cont Capacity **All Year** Retail: 400g x 15 bags **Capacity (non Palletized): 15 Tons** Food Services : 400g - 1 kg - 2.5 kg - 10 kg **Capacity (Palletized): 12 Tons** Season Mav Jun Sep Nov Dec Feb Mar Apr Jul Aug Oct Jan

### CAULIFLOWER





Nutrition Facts: per 100g serving

#### **Nutrition Facts**

| Serving Size 100 g<br>Amount per serving |                     |
|--|---------------------|
| Calories 20                              | Clories from fat 0  |
| % Daily                                  | / Value*            |
| Total fat <b>0</b> g                     | 0%                  |
| Saturated fat <b>0</b> g                 | 0%                  |
| Trans Fat 0g                             |                     |
| Cholesterol 0 mg                         | 0%                  |
| Sodium 7 mg                              | 0%                  |
| Total Carbohydrates 4 g                  | 1%                  |
| Dietary Fibers 2 g                       | 9%                  |
| Sugars 2 g                               | - / -               |
| Protein 1 g                              |                     |
| Vitamin A 1%                             | Vitamin C 18%       |
| Calcium 1%                               | Iron 1%             |
| * Percent Daily Values                   | are based on a 2000 |

calorie diet. Your daily values may be higher or lower depending on your calorie needs

### CAULIFLOWER

#### Availability Packaging Cont Capacity **All Year** Retail: 400g x 15 bags **Capacity (non Palletized): 15 Tons** Food Services : 400g - 1 kg - 2.5 kg - 10 kg **Capacity (Palletized): 12 Tons** Season Feb Mar May Jun Jul Oct Nov Apr Aug Sep Dec Jan

### COLCASIA (TARO)





### **COLCASIA (TARO)**

Nutrition Facts: per 100g serving

#### **Nutrition Facts**

| Serving Size 100 g<br>Amount per serving |                     |
|--|---------------------|
| Calories 60                              | Clories from fat 30 |
| % Dail                                   | y Value*            |
| Total fat 3 g                            | 5%                  |
| Saturated fat <b>0</b> g                 | 1%                  |
| Trans Fat og                             |                     |
| Cholesterol 0 mg                         | 0%                  |
| Sodium 7 mg                              | 0%                  |
| Total Carbohydrates 5 g                  | 2%                  |
| Dietary Fibers 4 g                       | 16%                 |
| Sugars O g                               |                     |
| Protein 2 g                              |                     |
| Vitamin A 9%                             | Vitamin C 21%       |
| Calcium 1%                               | Iron 0%             |

calorie diet. Your daily values may be higher or lower depending on your calorie needs

Cubes

#### • Packaging

Retail : 400g - 800g Food Services : 400g - 1 kg - 2.5 kg - 10 kg

#### Cont Capacity

#### Availability

Capacity (non Palletized): 23.2 Tons - 26 Tons All Year Capacity (Palletized): 20.8 Tons - 24 Tons

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#### Season

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### ARTICHOKE



# Storg Achievenets - Based on Lang Experience

Nutrition Facts: per 100g serving

#### **Nutrition Facts**

| Amount per serving       |                     |
|--------------------------|---------------------|
| Calories 70              | Clories from fat 20 |
| % Dai                    | ily Value*          |
| Total fat 2 g            | 4%                  |
| Saturated fat <b>0</b> g | 0%                  |
| Trans Fat 0g             |                     |
| Cholesterol 0 mg         | 0%                  |
| Sodium 11 mg             | 0%                  |
| Total Carbohydrates 9 g  | 3%                  |
| Dietary Fibers 4 g       | 17%                 |
| _Sugars O g              |                     |
| Protein 2 g              |                     |
| Vitamin A 7%             | Vitamin C 19%       |
| Calcium 0%               | Iron 0%             |

calorie diet. Your daily values may be higher or lower depending on your calorie needs

### ARTICHOKE

#### • Packaging

Retail : 400g - 800g Food Services : 400g - 1 kg - 2.5 kg - 10 kg

#### Cont Capacity

• Availability

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Capacity (non Palletized): 23.2 Tons - 26 Tons All Year Capacity (Palletized): 20.8 Tons - 24 Tons

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#### Season

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### EGGPLANT



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Nutrition Facts: per 100g serving

#### **Nutrition Facts**

| Calories 85            | Clories from fat 41   |
|------------------------|-----------------------|
| Calolles \$2           | Ciories Irolli lat 41 |
| %                      | Daily Value*          |
| Total fat <b>4.6</b> g | 4%                    |
| Saturated fat 0.7 g    | 0%                    |
| Trans Fat 0g           |                       |
| Cholesterol 0 mg       | 0%                    |
| Sodium O mg            | 0%                    |
| Total Carbohydrates S  | l.4 g 3%              |
| Dietary Fibers 2.8g    |                       |
| Sugars 4.8g            |                       |
| Protein <b>1.6</b> g   |                       |
| Vitamin A 3%           | Vitamin C 20%         |
| Calcium 5%             | Iron 7%               |

### EGGPLANT

#### • Packaging

Retail : 400g - 800g Food Services : 400g - 1 kg - 2.5 kg - 10 kg

#### Cont Capacity

• Availability

Capacity (non Palletized): 23.2 Tons - 26 Tons All Year Capacity (Palletized): 20.8 Tons - 24 Tons

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### ONION



# Storg Achievenets . Based on Long Experience

Nutrition Facts: per 100g serving

#### **Nutrition Facts**

| Calories o                | Clories from fat 0 |
|---------------------------|--------------------|
|                           | ailv Value*        |
| Total fat O g             | 0%                 |
| Saturated fat <b>0</b> g  | 0%                 |
| Trans Fat 0g              |                    |
| Cholesterol 0 mg          | 0%                 |
| Sodium O mg               | 0%                 |
| Total Carbohydrates O     | g 0%               |
| Dietary Fibers <b>O</b> g | 0%                 |
| Sugars O g                |                    |
| Protein Og                |                    |
| Vitamin A 0%              | Vitamin C 0%       |
| Calcium 0%                | Iron 0%            |

calorie diet. Your daily values may be higher or lower depending on your calorie needs



### Packaging

**ONION** 

Retail : 400g - 800g Food Services : 400g - 1 kg - 2.5 kg - 10 kg

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#### Cont Capacity

Capacity (non Palletized): 23.2 Tons - 26 Tons All Year Capacity (Palletized): 20.8 Tons - 24 Tons

#### Season

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### **SWEET CORN**





Nutrition Facts: per 100g serving

#### **Nutrition Facts**

| Serving Size 100 g<br>Amount per serving |                  |     |
|--|------------------|-----|
| Calories 0                               | Clories from fat | 0   |
| % Daily V                                | alue*            |     |
| Total fat O g                            |                  | 0%  |
| Saturated fat <b>0</b> g                 |                  | 0%  |
| Trans Fat 0g                             |                  |     |
| Cholesterol 0 mg                         |                  | 0%  |
| Sodium O mg                              |                  | 0%  |
| Total Carbohydrates 0 g                  |                  | 0%  |
| Dietary Fibers O g                       |                  | 0%  |
| Sugars O g                               |                  |     |
| Protein Og                               |                  |     |
| Vitamin A 0%                             | Vitamin C        | 0%  |
| Calcium 0%                               |                  | 0%  |
| * Percent Daily Values are               |                  | hor |

or lower depending on your calorie needs

### **SWEET CORN**

#### Packaging

Retail: 400g - 800g Food Services : 400g - 1 kg - 2.5 kg - 10 kg

#### Cont Capacity

Capacity (non Palletized): 23.2 Tons - 26 Tons Capacity (Palletized): 20.8 Tons - 24 Tons

#### Availability

All Year

#### Season

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### **STRAWBERRY**



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Nutrition Facts: per 100g serving

#### **Nutrition Facts**

| Calories 30   | Clories from fat (   |                  |
|---|--|------------------|
|   | ⁄o Daily Value*  |                  |
| Total fat 0 g   |  | 0%<br>0%         |
| Saturated fat O g   |  | 0%               |
| Trans Fat 0g  |  | 20/              |
| Cholesterol 0 mg  |  | 0%               |
| Sodium 1 mg   |  | 0%               |
| Total Carbohydrate  |  | 2%               |
| Dietary Fibers 2  | g i  | 8%               |
| Sugars 4 g  |  |                  |
| <u>Protein 1 g</u>  |  |                  |
|   |  |                  |
| Vitamin A 8%  | Vitamin C 2  |                  |
| Calcium 1%  | Iron   | <u>0%</u>        |
| Calcium 1%  | Iron   | <u>0%</u>        |
| Calcium 1%  | Iron   | <u>0%</u>        |
| Calcium 1%  |  | <u>0%</u>        |
| Calcium 1%  | Iron   | <u>0%</u>        |
| Calcium 1%  | Iron   | <u>0%</u>        |
| Calcium 1%  | Iron   | <u>0%</u>        |
| Calcium 1%<br>* Percent Daily V<br>calorie diet, Yo<br>or lower deper | Iron<br>Yalues are based on a 2000<br>ur daily values may be high<br>dding on your calorie needs | <u>0%</u><br>ner |
| Calcium 1%  | Iron<br>Yalues are based on a 2000<br>ur daily values may be high<br>dding on your calorie needs | <u>0%</u>        |
| Calcium 1%<br>* Percent Daily V<br>calorie diet, Yo<br>or lower deper | Iron<br>Yalues are based on a 2000<br>ur daily values may be high<br>dding on your calorie needs | <u>0%</u><br>ner |
| Calcium 1%<br>* Percent Daily V<br>calorie diet, Yo<br>or lower deper | Iron<br>Yalues are based on a 2000<br>ur daily values may be high<br>dding on your calorie needs | <u>0%</u><br>ner |

### Packaging

**STRAWBERRY** 

Retail : 400g - 800g Food Services : 400g - 1 kg - 2.5 kg - 10 kg Capacity (non Palletized): 23.2 Tons - 26 Tons Capacity (Palletized): 20.8 Tons - 24 Tons

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### MANGO

Storg Achievements . Based on Long Experience



#### Nutrition Facts: per 100g serving

#### **Nutrition Facts**

| Serving Size 100 g<br>Amount per serving |                          |
|--|--------------------------|
|  | lories from fat 3.4      |
| % Daily Valu                             |                          |
| Total fat 0.4g                           | 1%                       |
| Saturated fat 0.1g                       | 0%                       |
| Trans Fat 0g                             |                          |
| Cholesterol 0 mg                         | 0%                       |
| Sodium 1 mg                              | 0%                       |
| Total Carbohydrates 15 g                 | 5%                       |
| Dietary Fibers 1.6 g                     | 6%                       |
| Sugars 16g                               |                          |
| Protein 0.8g                             | 1///                     |
| Vitamin A 22%<br>Calcium 1%              | Vitamin C 61%<br>Iron 1% |
| * Percent Daily Values are ba            |                          |
| Peeled Whole Cul                         | bes Sliced               |
| Mashed Chunks                            | • Ava                    |
| alletized): 23.2 Tons -                  | 26 Tons All              |
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| ized):20.8 Tons - 24 T                   | ons                      |

### **MANGO**

#### Packaging

Retail: 400g - 800g Food Services : 400g - 1 kg - 2.5 kg - 10 kg **Capacity** (non Pa **Capacity** (Palleti

ailability

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### POMEGRANATE





#### Nutrition Facts: per 100g serving

#### Nutrition Facts

| Amount per serving         |                  |    |
|----------------------------|------------------|----|
| Calories 83                | Clories from fat | 11 |
| <u> </u>                   | y Value*         |    |
| Total fat 1 g              |                  | 2% |
| Saturated fat <b>0.1</b> g |                  | 1% |
| Trans Fat og               |                  |    |
| Cholesterol 0 mg           |                  | 0% |
| Sodium 3 mg                |                  | 0% |
| Total Carbohydrates 19 g   |                  | 6% |
| Dietary Fibers 4.0 g       | 1                | 6% |
| Sugars 14g                 |                  |    |
| Protein 1.7 g              |                  |    |
| Vitamin A 0%               | Vitamin C 1      | 7% |
| Calcium 1%                 | Iron             | 1% |

calorie diet. Your daily values may be higher or lower depending on your calorie needs

### POMEGRANATE

#### • Packaging

Retail : 400g - 800g Food Services : 400g - 1 kg - 2.5 kg - 10 kg

#### • Cont Capacity

Capacity (non Palletized): 23.2 Tons - 26 Tons Capacity (Palletized): 20.8 Tons - 24 Tons

#### Availability

**All Year** 

#### Season

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### **GUAVA**



Nutrition Facts: per 100g serving

#### Nutrition Facts

| Serving Size 100 g       |                      |
|--------------------------|----------------------|
| Amount per serving       |                      |
| Calories 68              | Clories from fat 8.5 |
| % Dail                   | y Value*             |
| Total fat 1 g            | 1%                   |
| Saturated fat 0.3g       | 1%                   |
| Trans Fat 0g             |                      |
| Cholesterol 0 mg         | 0%                   |
| Sodium 2 mg              | 0%                   |
| Total Carbohydrates 14 g | 5%                   |
| Dietary Fibers 5.4 g     | 22%                  |
| Sugars 9 g               |                      |
| Protein 2.6g             |                      |
| Vitamin A 12%            | Vitamin C 381%       |
| Calcium 1%               | Iron 1%              |
| * Percent Daily Values   | are based on a 2000  |

Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs



### Packaging

**GUAVA** 

Retail : 400g - 800g Food Services : 400g - 1 kg - 2.5 kg - 10 kg

#### Cont Capacity

Capacity (non Palletized): 23.2 Tons - 26 Tons A Capacity (Palletized): 20.8 Tons - 24 Tons

#### Availability

**All Year** 

#### Season

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Nutrition Facts: per 100g serving

#### **Nutrition Facts**

| Serving Size 100 g<br>Amount per serving<br>Calories 74 | Clories from fat    | 2.6 |
|---|---------------------|-----|
| % Daily   | ∕Value*             |     |
| Total fat 0.3g  |                     | 0%  |
| Saturated fat <b>0.1</b> g                              |                     | 0%  |
| Trans Fat 0g  |                     |     |
| Cholesterol 0 mg  |                     | 0%  |
| Sodium 1 mg   |                     | 0%  |
| Total Carbohydrates 19 g                                |                     | 7%  |
| Dietary Fibers 4.0 g                                    | 1                   | 6%  |
| Sugars <b>16.2</b> g                                    |                     |     |
| Protein <b>0.8</b> g                                    |                     |     |
| Vitamin A 2.8%  | Vitamin C 3         | .4% |
| Calcium 2.6%  | Iron                | 2%  |
| * Percent Daily Values a                                | are based on a 2000 |     |

calorie diet. Your daily values may be higher or lower depending on your calorie needs



#### Packaging

**FIGS** 

Retail: 400g - 800g Food Services : 400g - 1 kg - 2.5 kg - 10 kg

#### Cont Capacity

Capacity (non Palletized): 23.2 Tons - 26 Tons Capacity (Palletized): 20.8 Tons - 24 Tons

Availability

All Year

#### Season

Jan

Feb

Apr

Mar

May Jun Ju



Oct

Nov

### **OUR PRODUCTS**























### **OUR PRODUCTS**























### **OUR PRODUCTS**















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