



# PRODUCT YEAR 2024



## PRODUCT CATALOG

**Address : Wrehouse No.30, Al Goze Building; Plot No. 354-236,  
Shaik Zayed Road, Dubai.**



[www.mountabutrading.com](http://www.mountabutrading.com)



+971 55 361 7630

# Sorghum Millet (Jowar)



#MT01

## YELLOW JOWAR

yellow Jowar is rich in complex carbohydrate, a good source of carbs and one single jowar roti provides you carbs.

• Calories	329	• Sugar	2.5g	• Sodium	2mg
• Fat	3.5g	• Protein	11g	• Thiamine	0.35mg
• Saturated Fat	0.6g	• Calcium	13.00mg	• Riboflavin	0.14mg,
• Carbohydrate	2g	• Iron	3.36mg	• Niacin	2.1mg
• Dietary Fiber	6.7g	• Potassium	363mg	• Folate	39.42mg

#MT02

## WHITE JOWAR

Jowar is a gluten-free weight loss, regulates diabetes, promotes optimal cardiac health, boost energy levels.



# SUGAR / BAJRA

#MT03

## SUGAR

---

Sugar is sucrose, a disaccharide, made up of two sugars (glucose and fructose) bound together, that is naturally made by and found in all green plants.



#MT04

## GREEN BAJRA

---



The global superstar, recognized as bajra or kambu in India, boasts a greyish shade and a coarse texture.

# GRAINS



#MT05

## RAGI FLOUR

Ragi has high amounts of fibre in it that keeps your stomach full and stops you from unwanted cravings.

#MT06

## WHEAT FLOUR

Wheat is a grass that is widely grown for its seed, a cereal grain that is a common diet all over the world.



#MT07

## CORN

Helps improve eye health. Protects your heart. Provides nutrients and vitamins your body needs to work well. Moderately affects blood sugar. Offers a healthy gluten-free option.



# SPICES



## CUMIN ( JEERA )

Cumin is an essential spice for Indian curries and chutneys

#MT08



## CLOVE ( LAUNG )

Cloves are a fragrant spice made from the dried flowers of the clove tree.

#MT09



## TURMERIC ( HALDI )

Today, turmeric is promoted as a dietary supplement for a variety of conditions, including arthritis, digestive disorders.

#MT10



## CINNAMON ( DAALACHEENEE )

Cinnamon is a spice obtained from the inner bark of several tree species from the genus Cinnamomum.

#MT11

# SPICES



## RED CHILLI POWDER ( LAAL MIRCH )

Chili powder may help lower cholesterol levels and reduce the risk of heart disease.

#MT12



## BLACK PEPPER ( KAALEE MIRCH )

Black pepper is a flowering vine in the family Piperaceae, cultivated for its fruit, which is usually dried and used as a spice and seasoning.

#MT13



## NUTMEG ( JAAYAPHAL )

It is used to flavour many kinds of baked goods, confections, puddings, potatoes, meats, sausages

#MT14

# GRAINS



#MT15

## SONA MASURI (SINGLE DRY )

Make it suitable for all ages and one of the highlights is it's readily digested.

#MT16

## SONA MASURI ( DOUBLE DRY )

Rice is a good source of carbohydrates, providing essential energy for daily activities. It also contains moderate amounts of protein, supporting muscle health and overall body function.



#MT17

## MAIDA

It gives almost instant energy, just in a few minutes. Such rapid conversion to glucose will certainly result in diabetes, as the body cannot handle such a surge of glucose.





# CATALOG

YEAR 2024



MOUNT ABU GENERAL TRADING L.L.C



**Address : Warehouse No.30, Al Goze Building; Plot No. 354-236,  
Shaik Zayed Road, Dubai.**



**+971 55 361 7630**



# BOWL



#MT18

## STEEL BOWL (5)

Stainless steel bowls ( 5 ) are mostly used for food preparation, due to their durability and ability to prevent bacteria from entering the metals properties.

#MT19

## STEEL BOWL (5.5)

Stainless steel bowls ( 5.5 ) are mostly used for food preparation, due to their durability and ability to prevent bacteria from entering the metals properties.



#MT20

## STELL BOWL (6)

Stainless steel bowls are mostly used for food preparation, due to their durability and ability to prevent bacteria from entering the metals properties.

# STEEL GLASS



## STEEL GLASS ( 5 & 5.5 )

The safest type of reusable water bottle to drink from is a high-quality stainless steel

#MT21



## STEEL GLASS

There are few hints in the changes between the two drinking containers, specifically regarding the flavour, temperature and state of the drink.

#MT22



## STEEL GLASS

They are safe and do not absorb flavors or odors, making them a great choice for those who enjoy a variety of glass

#MT23

# STEEL PLATES



## STEEL BOWL ( 6.5 )

Stainless steel bowls are mostly used for food preparation, due to their durability and ability to prevent bacteria from entering the metals properties.

#MT21



## STEEL BOWL ( 7 )

Stainless steel bowls are incredibly durable and resistant to scratches, dents, and stains.

#MT22



## STEEL PLATE

Steel plate is a plate of metal, specifically steel, that can be cut and manufactured into a more elaborate product.

#MT23



## STEEL PLATE ( 6.5 )

Mild steel is a category of steel that has up to 0.3 percent carbon. It is malleable and ductile, making it easy to form into the desired shape or product

#MT24

# BOTTLE

#MT25

## STEEL BOTTLE

---

Water bottle is a container which is used to carry and keep water or any liquid in stable temperature for consumption.



#MT26

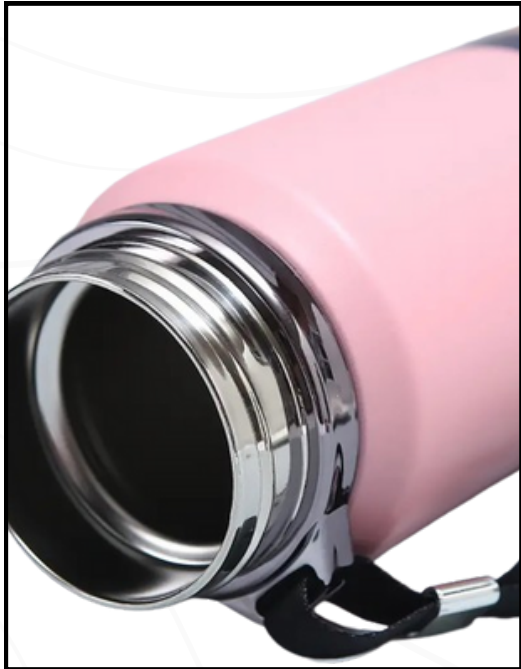
## STEEL BOTTLE

---

Environmentally friendly, durable, safe, and easy-to-clean, stainless steel water bottles are an excellent alternative to using plastic water bottles.



# BOTTLE



#MT27

## STEEL BOTTLE

Bottles are incredibly hygienic as the product doesn't have to be exposed to air or contaminants until it is being used.

#MT28

## STEEL BOTTLE

Compared to plastic bottles, stainless steel bottles can be used more and can be recycled.





# CATALOG

YEAR 2024



**MOUNT ABU GENERAL TRADING L.L.C**



**Address : Wrehouse No.30, Al Goze Building; Plot No. 354-236,  
Shaik Zayed Road, Dubai.**



**+971 55 361 7630**