

# MILLET / BAJRA **SPECIFICATION** ★

- Nutrients
  - Calories - 378 calories, Carbohydrates - 73g, Dietary Fiber - 17g/200 grams
- Protein
  - 11g
- Vitamin
  - Vitamin E, Vitamin K, Thiamin, Riboflavin, Niacin, Vitamin B6, Folate
- Minerals
  - Calcium, Iron, Magnesium, Phosphorus, Potassium, Sodium
- Fat
  - 8.4 gm

## **USES & BENEFITS**

★ Pearl millet is a millet, an annual grass, erect and reaching up to around 3 m high with a profuse root system. The global demand for pearl millet has been increasing and thus the Pearl Millet exporter in India exports tonnes of millet each year. Pearl millet is also known to have several other uses and benefits including some health and medicinal benefits. Therefore, the Pearl millet export from India is predicted to grow rapidly in the coming years. The Indian pearl millet exporter earns good revenues from the export of their products to several countries in the world. It can be said that the pearl millet export is now a good business opportunity for food exporters.

