

OATS

SPECIFICATION ★

- Nutrients
- Protein

- Calories - 389 calories, Carbs - 66.3 grams, Fibre - 10.6 grams
- 16.9g

- Vitamin
- Minerals

- Vitamin B
- Manganese, Phosphorous, Copper, Iron, Selenium, Magnesium, Zinc

USES & BENEFITS

Oats is a crop of the Mediterranean origin. The popularity of this crop has been on the rise due to its various uses in different fields today. Oats exporter in India export tonnes of oats to different countries each year. Oats export from India includes various varieties of the product. Exporting these incredibly nutritious grains is a good business opportunity for Indian Oats exporter. Oats export also has several other advantages.

