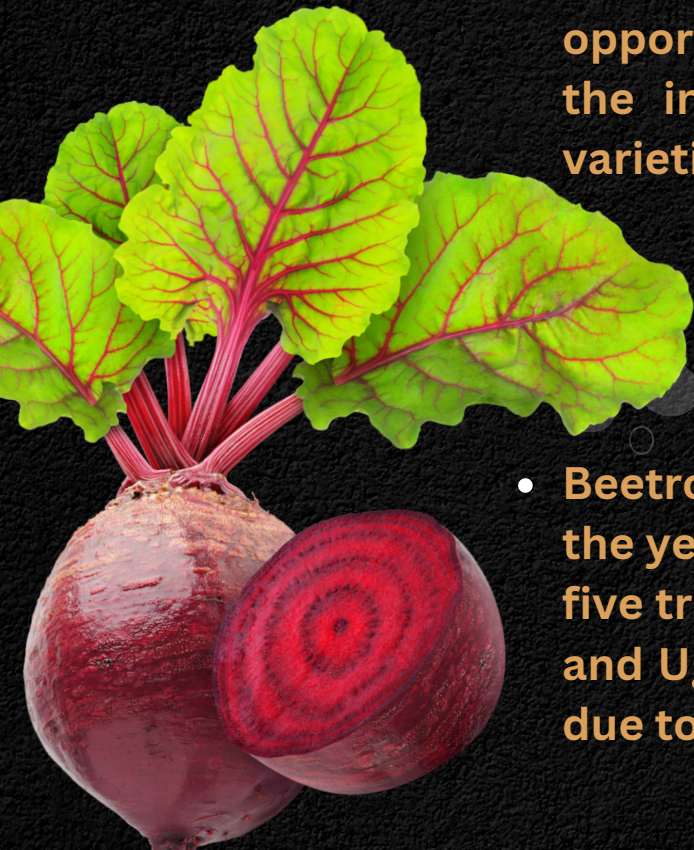


BEETROOT

INDIAN BEETROOT EXPORTERS

- Beetroots are a popular root vegetable used in various cuisines around the world. They are rich in essential vitamins, minerals, and plant compounds, and have medicinal properties too. The Beetroot exporter in India exports tonnes of the root vegetable from India. Due to the various uses and benefits of Beetroot, the Beetroot export from India has been on a rise. This is considered as a good opportunity for the Indian Beetroot exporter to expand his business and enter the international market. The Beetroot export from India includes various varieties of the vegetable.



GLOBAL MARKET DEMAND

- Beetroot exporter in India exports Beetroot to over 56 countries in the world. In the year 2019-20, India exported Beetroot worth around 3.6 USD million. The top five trading partners of India are Iran, United Arab Emirates, Netherlands, Kenya, and Uganda. The Beetroot import from India has been increasing over the years due to the various health and medicinal benefits of the veggie.

BEETROOT

SPECIFICATION

Product Name

Beetroot

Origin

Mediterranean

Family

Amaranthaceae

Binomial Name

Beta vulgaris subsp. *vulgaris*

BEETROOT

INGREDIENTS

Nutrients

Calories 43 kcal, Total Carbohydrates 10g
Dietary Fiber 2.8g

Minerals

Calcium, Iron, Magnesium

Vitamins

Vitamin B-6, Vitamin C

Protein

1.6 g

Fats

0.2g

USES & BENEFITS

- Beetroots contain a high concentration of nitrates, which are said to have a blood pressure-lowering effect. This may reduce the risk of heart attacks, heart failure, and stroke.
- Beets may also have anti-inflammatory effects. But further research is required to prove this theory.
- Beetroots are a great source of fiber. Fiber is beneficial for digestive health and also reduces the risks of various chronic health conditions.

Pisum Foods is one of the leading Beetroot importers from India. We at Pisum Foods understand that the process of export of Beetroot is complicated at times. But no worries! Pisum Foods will help you at each and every step on the way. Our executives will help you right from finding buyers for your products until the final delivery of the order. If you are interested in Beetroot export from India, Contact Pisum now!