

BITTER GOURD

INDIAN BITTER GOURD EXPORTERS

- Bitter Gourd, also known as Bitter Melon, is cultivated across the whole world for its fruit. It is considered a staple in many types of Asian cuisine. The Indian Bitter Gourd exporter exports tonnes of Bitter Gourd to various countries in the world. Due to the various uses and benefits of Bitter Gourd, the Bitter Gourd export from India has been growing over the years. The export of Bitter Gourd is a good opportunity for Indian vendors and farmers to expand their business and export their products abroad.



BITTER GOURD

INGREDIENTS

Nutrients

Calories - 34 calories, Dietary Fiber - 1.9 g
Total Carbohydrate - 7 g

Minerals

Folate, Potassium, Zinc, Iron

Vitamins

Vitamin A, Vitamin C

Protein

3.6g

Fats

