

BOTTLE GOURD

INDIAN BOTTLE GOURD EXPORTERS

- Bottle gourd is also known as Calabash is a white-flowered gourd. It can be either harvested young so that one can consume it as a vegetable. Bottle Gourd exporter in India export tonnes of Bottle Gourd every year. The increase in global demand for this vegetable maybe because of its health and nutritional benefits. Bottle Gourd export has thus been on a rise. Bottle Gourd import from India involves various varieties of the fruit.



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INGREDIENTS

Nutrients

Calories - 15 calories, Dietary Fiber - 1.2 g
Carbohydrate 5 g

Minerals

Calcium, Iron
Magnesium

Vitamins

Vitamin A, Vitamin C, Vitamin D
Vitamin B6

Protein

0.6g

Fats

