

CARROTS

INDIAN CARROTS EXPORTERS

- Carrot or *Daucus carota* is a root vegetable and is known to be perfect health food. It is crunchy, tasty, and highly nutritious. The Carrots exporter in India exports huge quantities of the vegetable each year. Due to its various health and medicinal uses and benefits, the Carrots export from India has been increasing rapidly over the decades. The Indian Carrots exporter, therefore, is exporting more and more products each year. This Carrots export includes the export of various varieties and qualities of the product.

GLOBAL MARKET DEMAND

- The Global Market Demand for Carrots has been on a rise over the years. The Carrots exporter in India exports carrots to over 105 countries in the world. In the year 2019-2020, India exported Carrots worth around 11.5 USD million to different corners of the world. The Carrots import from India has been increasing due to the premium quality and varieties of the carrots exported from the country.



BEETROOT

SPECIFICATION

Product Name

Carrot

Origin

Europe and Southwestern Asia

Family

Apiaceae

Binomial Name

Daucus carota subsp. *sativus*

BEETROOT

INGREDIENTS

Nutrients

Calories 41 kcal, Total Carbohydrates 9.6g
Dietary Fiber 2.8g

Minerals

Calcium, Iron, Magnesium

Vitamins

Vitamin B-6, Vitamin C

Protein

0.9 g

Fats

0.2g

USES & BENEFITS

- Consuming carrots leads to a reduced risk of cancer. It is said that a diet rich in carotenoids may help protect against several types of cancer.
- Carrots are also said to lower blood cholesterol. This, therefore, ensures that your health is maintained.
- Carrots have low calories and increase fullness. They, therefore, decrease calorie intake in subsequent meals.
- Low levels of vitamin A are more likely to experience night blindness. This condition may be diminished by eating carrots due to vitamin A or carotenoids content.

Pisum is the leading Carrots importer from India. We at Pisum believe that Indian culture, food, flowers, and such other products should be spread to the entire world. Our executives at Pisum are trained to help and support our clients at each step of the export process. With our expertise and extensive experience in the export field, we make sure that the export of Carrots from India is a hassle-free process for our clients. If you are interested in Carrots export from India, Contact Pisum now!