

# CINNAMON

## SPECIFICATION

Product Name

Cinnamon

Origin

Native to Ceylon, Sri Lanka

Family

Laurels

Binomial name

Cinnamomum verum





# **INGREDIENTS**

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## **Nutrients**

**Calories - 6.42 calories**  
**Carbohydrate - 2.1g**  
**Dietary Fibre - 53g/100 grams**

## **Minerals**

**Iron, Zinc, Calcium, Chromium,  
Manganese, Magnesium, Sodium,  
Potassium, Phosphorous**

## **Vitamins**

**Vitamin A, B and K**

## **Protein**

**4g/100 grams**

## **Fats**

**1.2g/100 grams**



# USES & BENEFITS

- **Medicinal Benefits** - Cinnamon is rich in antioxidants and has anti-inflammatory properties. It is also said to cut the risk of heart diseases.
- **Culinary Uses** - Cinnamon is used in several dishes for its unique flavour and aroma.
- **If you wish to export Cinnamon, Pisum Foods is one of the leading exporters in India. When you export products, it comes with several responsibilities including documentation, checking if the product meets the quality and health standards and so on. Pisum foods, the best importers from India, will assist you with every step on the way. Pisum will make sure that your products reach any corner of the world fresh and safe!**