

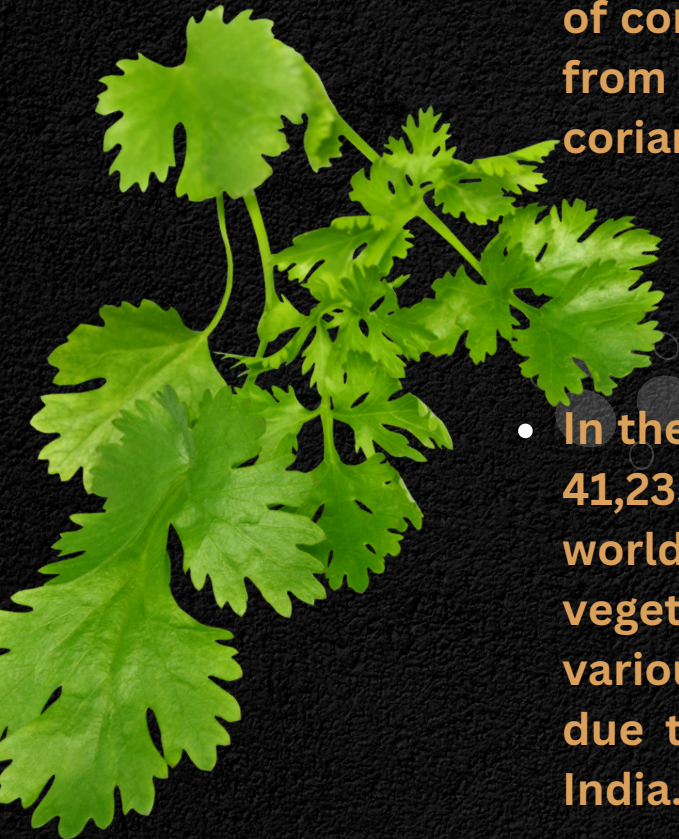
CORIANDER

INDIAN CORIANDER EXPORTERS

- Coriander is a herb that's popularly used in various cuisines across the world. It comes from the *Coriandrum sativum* plant and is closely related to parsley, carrots, and celery. The Coriander exporter in India exports tonnes of the product abroad from India. This Coriander export from India has been increasing over the years. This may be because of the several health and medicinal benefits of coriander. The Indian Coriander exporter, therefore, is earning good revenues from this export. The Coriander export includes the export of various varieties of coriander.e.

GLOBAL MARKET DEMAND

- In the financial year 2018-19 (Apr-Jan), coriander exports from India were about 41,235 tonnes. The Global market demand for Coriander has been increasing worldwide. This may be because of the several benefits one gets from this vegetable. The Coriander exporter in India exports more and more coriander to various parts of the world. The Coriander import from India has been increasing due to the great reputation and premium quality of coriander exporter from India.



CORIANDER

SPECIFICATION

Product Name

Coriander

Origin

**Western Asia and Southern
Europe**

Family

Apiaceae

Binomial Name

Coriandrum sativum

CORIANDER

INGREDIENTS

Nutrients

Calories 3.68 kcal
Total Carbohydrates 0.587g

Minerals

Calcium, Iron, Magnesium

Vitamins

Vitamin A, Vitamin B-6, Vitamin C

Protein

0.341 g

Fats

0.2g

USES & BENEFITS

- Coriander may help lower blood sugar by activating certain enzymes. It is said to be very powerful so the people with low blood sugar should use it cautiously.
- Coriander is rich in antioxidants that demonstrate immune-boosting, anticancer, anti-inflammatory, and neuroprotective effects.
- Coriander is also said to be good for the heart. It lowers blood pressure and LDL (bad) cholesterol while increasing HDL (good) cholesterol.
- The antioxidants in coriander may also reduce brain inflammation, improve memory, and reduce anxiety symptoms. But more research in this area is needed.d.

Pisum Foods is one of the leading Coriander importers from India. We understand that the export of Coriander from India can be somewhat complicated at times. Thus, Pisum is here to help! Our executives at Pisum Foods are trained to support you at every step on the way, right from documentation to the final delivery of the products. Our global connections and in-depth knowledge of the market has proven to be beneficial to most of our past clients. If you are looking for Coriander export from India, Contact Pisum now!