

DRAGON FRUITS

SPECIFICATION

Product Name

Dragon Fruits

Origin

Central America

Family

Cactaceae

Binomial Name

Hylocereus undatus



DRAGON FRUITS

INGREDIENTS

Nutrients	Calories 136, Carbohydrates 29 g, Fiber 7g
Minerals	Magnesium, Phosphorous Potassium, Zinc
Vitamins	Vitamin A Vitamin C
Protein	3 g
Fats	0g



USES & BENEFITS

- Research states that a diet rich in antioxidants leads to a lesser risk of chronic diseases. Dragon fruit is rich in antioxidants including vitamin C, beta-carotene, lycopene, and betalain. Thus, this is a good choice to consume.
- Fiber is essential for your body to function properly. Dragon fruit offers around 7 grams of fiber per serving. This amount meets your daily fiber needs and makes it a very nutritious fruit to consume.
- Building a strong immune system is very essential for your body. Dragon fruit has a large amount of vitamin C and carotenoids that may offer immune-boosting properties.
- Besides its extraordinary nutritional qualities, Dragon fruit is also low in calories making it a perfect fruit to eat.

If you are looking for the best Dragon Fruits importer from India, Pisum Foods is the place! We work in the areas of export of Dragon fruits, vegetables, spices, grains, pulses, so on and so forth. Exporting food products can be a complicated process. But no worries! You can just drop a message to Pisum Foods and we will take care of your Dragon fruits export from India.

