

# GREEN CARDAMOM

## SPECIFICATION

Product Name	Green Cardamom
Origin	India
Family	Zingiberaceae
Binomial name	<i>Elettaria cardamomum</i>



# INGREDIENTS

## Nutrients

Calories 311 kcal, Total Carbohydrates 68g  
Dietary Fiber 28g

## Minerals

Calcium, Iron, Magnesium

## Vitamins

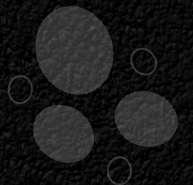
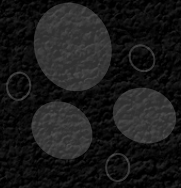
Vitamin B-6, Vitamin C

## Protein

11 g

## Fats

Fat 7g



# USES & BENEFITS

- Cardamom is said to help lower blood pressure levels. This is most probably due to its antioxidant and diuretic properties.
- Cardamom also has some antioxidant compounds that may help protect cells from damage and slow down and prevent inflammation in your body.
- Cardamom is also used to treat bad breath and is a common component of some chewing gums. This may be because Cardamom kills common mouth bacteria and prevents cavities.
- The essential oils and extracts of cardamom are said to be effective against a variety of bacterial strains that contribute to fungal infections, food poisoning and stomach issues. But more research in this field is required.

Pisum Foods is the leading Green Cardamom importer from India. We at Pisum Foods understand that the process of export of Green Cardamom from India can be complicated at times. We are here to make it easy for you! Our trained executives will help you at every step of the process until the final delivery of the products. Being one of the most reliable exporters from India, we make sure that all the health and safety regulations are maintained. Looking for Green Cardamom export from India? Contact Pisum Foods now!

