

HAZELNUT

INDIAN HAZELNUT EXPORTERS

- The hazelnut is primarily the fruit of the hazel. It is small in size, round with a cinnamon coloured shell and white-yellowish flesh. It is also rich in oil. The Hazelnut exporter in India exports a huge quantity of the nuts each year. Due to the growing popularity of Hazelnut, Hazelnut export from India has also been on a rise. This is, therefore, a great opportunity for the Indian Hazelnut exporter to expand his business and enter the international marketplace. The Hazelnut export includes various varieties and qualities of the product.

GLOBAL MARKET DEMAND

- The Hazelnut exporter in India exports good quality Hazelnuts to various parts of the world. The uses and benefits of the Hazelnuts are known to people today and so the Global Market Demand for the nuts has been increasing. The Hazelnut import from India has thus seen a steady increase over the past few years.



HAZELNUT

SPECIFICATION

Product Name

Hazelnut

Origin

Asia

Family

Betulaceae

Binomial Name

Corylus

HAZELNUT

INGREDIENTS

Nutrients

Calories 628 kcal, Total Carbohydrates 17g
Dietary Fiber 10g

Minerals

Calcium, Iron, Magnesium

Vitamins

Vitamin B-6, Vitamin C

Protein

15.g

Fats

61.g

USES & BENEFITS

- Hazelnuts are rich in dietary fiber. Fiber is essential for your body and helps regular bowel movements and helps prevent constipation.
- Hazelnuts are a great source of antioxidants. These compounds provide protection against the oxidation of cells. These antioxidants reduce the extent of cell damage from free radicals.
- Eating many nuts including hazelnuts may help improve insulin sensitivity. Consuming hazelnuts may also help reduce cholesterol.
- Hazelnuts are also said to be good for heart health. A 2013 study shows that eating a hazelnut-rich diet may improve cardiovascular risk biomarkers, potentially lowering the risk of heart problems.

Pisum Foods is a leading Hazelnut importer from India. We at Pisum Foods help our clients with each and every step while exporting products from India. Our team has extensive experience in the export industry. We make sure that the process is carried out smoothly with the least confusion and hassle. Being a very reliable exporter of Hazelnut, we strictly adhere to all the health and safety restrictions of the government and make sure that your products are delivered safely. If you are looking for Hazelnut export from India, Contact Pisum now!