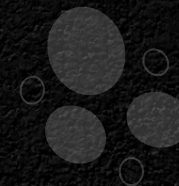


JACKFRUIT

INGREDIENTS



Nutrients

Calories - 155 calories, Dietary Fiber - 3 g
Total Carbohydrate - 40 g

Minerals

Folate, Niacin, Riboflavin
Potassium, Magnesium

Vitamins

Vitamin C

Protein

3g

Fats

0g



INDIAN JACKFRUIT EXPORTERS

- Jackfruit is a fruit from the family of Moraceae. It may be green or yellow in color with yellow bulbs on the inside. The Indian Jackfruit exporter exports tonnes of jackfruits each year to several countries in the world. Jackfruit has many uses and benefits and is therefore in great demand worldwide. Therefore, the Jackfruit export from India has also been increasing over the years. The export of Jackfruit is also a good business opportunity for local vendors and farmers to expand their business and enter the international marketplace.

