

LADY FINGER

INDIAN LADY FINGER EXPORTERS



- Ladyfinger is a long finger-like green vegetable that has a small tip at the tapering end. This vegetable is known to have various health and nutritional benefits. The Ladyfinger exporter in India exports tonnes of ladyfinger abroad. This increase in ladyfinger export is mostly because of its growing popularity worldwide. The ladyfinger import from India takes place from Gujarat, Madhya Pradesh, West Bengal, Bihar, Orissa, and such other states.

GLOBAL MARKET DEMAND

- The global demand for ladyfingers has been increasing in the world. The Lady Finger exporter in India now has a good opportunity to export his products abroad and enter the international market. Due to the growing ladyfinger import from India, vendors and farmers can earn good revenues and make their mark in the global market. Therefore, premium quality ladyfingers are exported from India.

LADY FINGER

SPECIFICATION

Product Name

Lady Finger

Origin

**West African, Ethiopian,
and South Asian origins**

Family

Malvaceae

Binomial Name

Abelmoschus Esculentus

LADY FINGER

INGREDIENTS

Nutrients

Calories 33, Cars 7 grams
Fiber 3 grams

Minerals

Magnesium, Manganese, Copper
Phosphorous, Zinc, Copper

Vitamins

Vitamin C, Vitamin K1
Vitamin A

Protein

2 g

Fats

0g

USES & BENEFITS

- Lady Finger is said to be very good for improving eye health. Lady Finger consists of Carotenoids that enable a person to maintain good vision.
- Carotenoids are also very useful for your skin health. It is said that they reduce damages done to the skin due to the UV rays.
- Lady Finger is also said to be good for building strong immunity. It also has a fair amount of fiber which helps one to lose weight and stay healthy.
- It is also said that Lady Finger reduces the risk of colorectal cancer. It keeps the intestinal tract healthy. This is done because the ladyfinger helps in lubricating the large intestine due to its bulk laxative properties.

Pisum foods are one of the finest Lady Finger importers from India. We at Pisum Foods make sure that all the deliveries reach the client in a timely manner. The export of ladyfinger can be a complicated process sometimes, but no worries now! We will help you at every step on the way for ladyfinger export from India. Right from documentation until the final delivery of the order, Pisum will assist you with everything. Looking for export of food products? Contact Pisum now!