

MUSHROOM

INDIAN MUSHROOM EXPORTERS

- Mushrooms have been a non-traditional cash crop in India. Grown indoors, both as a seasonal crop and under the controlled environmental conditions, mushroom export in India is on the rise. Some of the major export destinations for the mushroom exporter in India include the US, Israel and Mexico. Mushroom import from India includes importing fresh and processed mushrooms.



MUSHROOM

INGREDIENTS

Nutrients

Calories - 22, Total Carbohydrate 3.3 g
Dietary Fibre 1 g

Minerals

Iron, Phosphor, Copper, Potassium
Selenium

Vitamins

B vitamins:- riboflavin, niacin, and
pantothenic acid

Protein

3.1 gm

Fats

0.6 gm