

MUSTARD SEED

SPECIFICATION

| | |
|---------------|---------------|
| Product Name | Mustard |
| Origin | Ancient Egypt |
| Family | Brassica |
| Binomial name | Brassica |



The Global Market Demand for mustard has been increasing over the years. Along with mustard, the Mustard Seeds exporter in India exports Mustard oil to various countries in the world including Bangladesh, USA, Malaysia, Japan and Australia. The combined value of the total export of mustard oil from India is around 81.01 USD million. Around 122 countries in the world are included in the Mustard Seeds import from India.

INGREDIENTS

Nutrients

Calories 66 kcal, Total Carbohydrates - 5 g,
Fiber 3.3 grams

Minerals

Calcium, Iron, Magnesium
Cobalamin

Vitamins

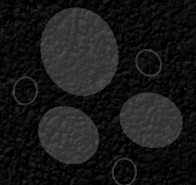
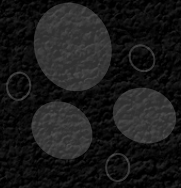
Vitamin A, Vitamin C
Vitamin D, Vitamin B-6

Protein

0.13 g

Fats

0.27 g



USES & BENEFITS

- Mustard has many culinary uses. Whole white mustard seed is said to be used in pickling spice and in spice mixtures for cooking meats and other seafood.
- Mustard also has health and medicinal benefits. It is said to help to cure the common cold, painful joints and muscles, Arthritis so on and so forth.
- The mustard seed is also ground with other spices to prepare various curry powders and pastes.
- Mustard is also said to be useful for aching feet and lower back pain.

Pisum Foods is one of the leading Mustard Seeds importers from India. We at Pisum Foods have extensive experience in the food export industry. After understanding the client's requirements, we help the client in every way possible for the export of Mustard Seeds. Right from finding clients until the final delivery of the products, Pisum will support you with everything. If you are looking for Mustard Seeds export from India, Contact Pisum now!