

PUMPKIN

INDIAN PUMPKIN EXPORTERS

- A pumpkin is a cultivar that is round with smooth, slightly ribbed skin. The color of Pumpkins varies from orange to yellow. The Indian Pumpkin exporter exports tonnes of pumpkins abroad each year. Due to various benefits and uses of this vegetable, the Pumpkin export from India has also been increasing over the years. The export of Pumpkin is a great business opportunity for local vendors and farmers who want to expand their businesses and enter the international market. Pumpkin import from India includes various varieties of Pumpkins.



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INGREDIENTS

Nutrients

Calories - 49 calories, Dietary Fiber - 3 g
Total Carbohydrate - 12 g

Minerals

Calcium, Iron, Magnesium

Vitamins

Vitamin A, Vitamin C, Vitamin B-6

Protein

2.g

Fats