

## RIDGE GOURD

# INDIAN RIDGE GOURD EXPORTERS

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- The Ridge Gourd is a ridged and dark green vegetable with white pulp inside. The taste of Ridge Gourd somewhat resembles the taste of zucchinis. The Ridge Gourd exporter in India exports tonnes of Ridge Gourd to various countries in the world. Ridge Gourd is rich in nutrients and minerals and has many health and medicinal benefits. Therefore, the Ridge Gourd export from India has been increasing over the years. The Ridge Gourd import from India includes various varieties and qualities of Ridge Gourd.

## GLOBAL MARKET DEMAND

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- The Ridge Gourd exporter in India exports the vegetable to different corners of the world. The quality of the vegetable exported has to be good and it should adhere to all the health and safety regulations of the country. Any products which don't meet the quality standards of the country where it is exported, it may be returned. The Ridge Gourd import from India is a good business opportunity for local farmers and vendors who want to expand their business and enter the international marketplace.



# RIDGE GOURD

## SPECIFICATION

**Product Name**

**Ridge Gourd**

**Origin**

**Family**

**Cucurbits**

**Binomial Name**

**Luffa**

## RIDGE GOURD

# INGREDIENTS

### Nutrients

Calories 20 kcal, Total Carbohydrate 4.35 g  
Dietary Fiber 0.5 g

### Minerals

Zinc, Iron, Riboflavin, Magnesium  
Thiamine

### Vitamins

Vitamin C

### Protein

1.20 g

### Fats

0.2g

# USES & BENEFITS

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- Ridge gourd is said to be effective in purifying blood. It boosts and nourishes liver health. It also protects the liver from alcohol intoxication.
- Ridge Gourd juice may be used to heal jaundice. It also helps to strengthen your immune system against any infection.
- Ridge Gourd is also said to be good for skin health. Due to its blood purifying qualities, it ensures that you stay clear from pimples and acne.
- Ridge Gourd helps to manage acidity and ulcers. It is known to be a cooling agent and aids in handling any burning sensation during urination.

**Pisum Foods is one of the leading Ridge Gourd importers from India. We at Pisum Foods help our clients with each and every step involved in the export of Ridge Gourd. We hold extensive experience in the food export industry and have numerous global connections. We assist our clients right from finding buyers for their products until the final delivery of the products. If you are looking for Ridge Gourd export from India, Contact Pisum now!**