

SAPOTA

INGREDIENTS

Nutrients

Calories - 83 calories, Dietary Fiber - 5 g,
Total Carbohydrate - 20 g

Minerals

Calcium, Iron, Magnesium

Vitamins

Vitamin A, Vitamin C

Protein

0.4g

Fats

0g



INDIAN SAPOTA EXPORTERS

- Manilkara sapota popularly known as chikoo or Sapota is a long-lived, evergreen tree native to southern Mexico, Central America and the Caribbean. The Indian sapota exporter exports tonnes of fruits abroad each year. Due to the various uses and benefits of the fruits, the Sapota export from India has been increasing over the years. The export of Sapota from India is now a good business opportunity for local farmers and vendors to expand their business and enter the international market.

