

SPINACH

INDIAN SPINACH EXPORTERS

- Spinach is one of the most nutritious green leafy vegetables. Indian spinach exporter exports spinach to around 40 countries in the world. In the year 2019-2020 spinach export from india was worth 0.37 USD million. The total spinach import from india in 2019-2020 was around 338210 metric tons.



SPINACH

INGREDIENTS

Nutrients

Calories - 23, Carbohydrates - 7g
Fibre - 4g

Minerals

Calcium, Iron, Folic Acid, Potassium
Magnesium

Vitamins

Vitamin K, Vitamin A, Vitamin B2,
Vitamin B6, Vitamin E, and Vitamin C

Protein

1g

Fats

0g