

## SPRING ONION

# INDIAN SPRING ONION EXPORTERS

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- Spring onions are characterised by dark green hollow-tubed leaves and a white bulb. Being a versatile vegetable it is widely used in the Asian cuisines. It is said to be an excellent source of vitamin C and dietary fibre. The Spring Onion exporter in India exports tonnes of Spring Onions abroad each year. Due to various culinary uses of Spring Onions, the popularity of this veggie has been growing. The Spring Onion export from India has thus also been on a rise over the years. The Indian Spring Onion exporter has a good opportunity to expand his business and enter the international market. The Spring Onion export includes the export of various varieties of the product.

## GLOBAL MARKET DEMAND

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- The Global Market Demand for Spring Onion has been increasing over the years. This may be because of its unique taste and diverse uses in various cuisines. The Spring Onion exporter in India exports Spring Onions from India to different corners of the world. The Spring Onion import from India has been increasing due to the premium quality varieties of Spring Onions exported from the country.



# SPRING ONION

## SPECIFICATION

Product Name

Spring Onion

Origin

Far East

Family

Amaryllidaceae

Binomial Name

*Allium fistulosum*

## SPRING ONION

# INGREDIENTS

### Nutrients

Calories 14 kcal, Total Carbohydrates 3g  
Dietary Fiber 1.3g

### Minerals

Calcium, Iron, Magnesium  
Phosphorus, Potassium

### Vitamins

Vitamin A, Vitamin B1, Vitamin B2

### Protein

0.9 g

### Fats

0.1g

# USES & BENEFITS

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- Spring onions have various nutrients and minerals. They are an excellent source of vitamin C and calcium.
- Spring onions are also a great source of dietary fibre and vitamins A and B6, thiamine, and folate. Spring onions also contain minerals like potassium, copper, chromium, manganese, iron.
- Some studies suggest that spring onions help lower cholesterol levels, decrease the risk of heart attacks and strokes and have antibacterial and antifungal properties.

**Pisum Foods is the best Spring Onion importer from India. Having extensive experience in the food export industry, we make sure that the process of export of Spring Onion is hassle-free for our clients. We support our clients in every way possible, right from finding buyers for their products until the final delivery of the order. If you are looking for Spring Onion export from India, contact Pisum Foods now!**