

SWEET POTATO

INDIAN SWEET POTATO EXPORTERS

- Sweet potatoes are basically sweet and starchy root vegetables grown all over the world. They come in a variety of sizes and colours including orange, white, and purple. They are great sources of vitamins, minerals, antioxidants, and fiber. The Sweet Potato exporter in India exports huge quantities of the vegetable each year to different parts of the world. Due to the growing popularity of these veggies, the Sweet Potato export from India has been increasing rapidly. The Indian Sweet Potato exporter, therefore, has to export increasing amounts of the vegetable each year. The Sweet Potato export from India includes exporting various varieties of the sweet potato.

GLOBAL MARKET DEMAND

- Due to the numerous health and medicinal benefits of Sweet Potatoes, the global market demand for the vegetable has been growing. The Sweet Potato exporter in India has thus been exporting huge quantities of sweet potatoes. The exporters in India exports premium quality Sweet Potatoes abroad. The Sweet Potato import from India has been increasing due to good reputation and the various varieties of the vegetable exported from India.



SWEET POTATO

SPECIFICATION

Product Name

Sweet Potato

Origin

**Central and South
America**

Family

Convolvulaceae

Binomial Name

Ipomoea batatas

SWEET POTATO

INGREDIENTS

Nutrients

Calories 180 kcal, Total Carbohydrates 41.4g, Dietary Fiber 6.6g

Minerals

Manganese, Potassium, Copper, Niacin

Vitamins

Vitamin A, Vitamin B-6, Vitamin C

Protein

4 g

Fats

0.3g

USES & BENEFITS

- Sweet potatoes are said to promote gut health. They are rich in fiber and antioxidants that promote the growth of good gut bacteria and thus contributing to a healthy gut.
- Sweet potatoes are rich in beta-carotene and anthocyanins. These antioxidants may help prevent vision loss and improve your eye health.
- As said earlier, sweet potatoes are a rich source of beta-carotene which can be converted to vitamin A. This, therefore, supports your immune system and gut health.
- Some animal studies have shown that sweet potatoes may improve brain health by reducing inflammation and preventing mental decline. But more research is required in this field.

Pisum is a leading Sweet Potato importer from India. We at Pisum foods understand that exporting products can be a complicated process. But no worries! Pisum is here to help you! Our executives at Pisum will help you with the entire process of the export of Sweet Potato until the final delivery of the products. We have extensive experience in the export industry and make sure that the export process is hassle-free for our clients. If you are looking for Sweet Potato export from India, Contact Pisum now!