

## TARO

# INDIAN TARO EXPORTERS

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- Taro root is a starchy root vegetable native to Asia but eaten around the world. Taro has brown outer skin and white flesh with purple specks throughout. The Taro exporter in India exports huge quantities of Taro each year. Due to the rising popularity of Taro, Taro export from India has been increasing rapidly over the decades. The Indian Taro exporter, therefore, is exporting more and more Taro roots each year. The Taro export includes the export of various varieties of the vegetable.

## GLOBAL MARKET DEMAND

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- The Global Market Demand for Taro Roots has been increasing over the years. This is because of the fact that Taro has many health and medicinal benefits. The Taro exporter in India exports the vegetable from India to different corners of the world. The Taro import from India has been increasing due to the premium quality varieties of Taro exported from the country.



# TARO

## SPECIFICATION

Product Name

taro

Origin

South East Asia

Family

Araceae

Binomial Name

*Colocasia esculenta*

# TARO

# INGREDIENTS

## Nutrients

Calories 35 kcal, Total Carbohydrates 6g  
Dietary Fiber 3g

## Minerals

Calcium, Iron, Magnesium  
Potassium, Folate, Phosphorous

## Vitamins

Vitamin A, Vitamin C

## Protein

4 g

## Fats

Less than 1 gm

# USES & BENEFITS

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- Taro root has a smooth and starchy texture along with a mildly sweet taste. It can be cooked and used in sweet or savory dishes.
- The fiber and resistant starch in Taro are fermented by gut bacteria to form short-chain fatty acids. These may protect you against colon cancer and inflammatory bowel disease.
- Eating Taro root may increase feelings of fullness, reduce overall calorie intake and increase fat burning. Thus, this helps weight loss and reduces body fat.
- Taro root contains polyphenols and antioxidants that may help to combat cancer growth and protect your body from oxidative stress. But, more research is needed.

Pisum is the leading Taro importer from India. We at Pisum believe that Indian culture, food, flowers, and such other products should be spread to the entire world. Our executives at Pisum are trained to help and support our clients at each step of the export process. With our expertise and extensive experience in the export field, we make sure that the export of Taro is a hassle-free process for our client. If you are looking for Taro export from India, Contact Pisum now!