

WALNUT

INDIAN WALNUT EXPORTERS

- Walnuts are rounded, single-seeded stone fruits of the walnut tree. Walnuts are rich in fats, fiber, vitamins and minerals. The Walnut exporter in India exports tonnes of the product abroad from India. This Walnut export from India has been increasing over the years. This may be because of the several health and medicinal benefits of walnuts. The Indian Walnut exporter, therefore, is earning good revenues from this export. The Walnut export includes the export of various varieties of walnuts.

GLOBAL MARKET DEMAND

- The Walnut exporter in India exported around 1874.87 MT of Walnuts to the world in the year 2018-19. This export of walnuts was worth Rs. 66.75 crores/ 9.61 USD Millions. The major Walnut import from India is done by countries like Germany, U K, USA, Netherland, France and so on. This shows that the Global Market Demand for Walnuts has been growing over the years.



WALNUT

SPECIFICATION

Product Name

Walnut

Origin

Iran (Persia)

Family

Juglandaceae

Binomial Name

Juglans

WALNUT

INGREDIENTS

Nutrients

Calories 654 kcal, Total Carbohydrates 14g
Dietary Fiber 7g

Minerals

Calcium, Iron, Magnesium

Vitamins

Vitamin B-6, Vitamin C

Protein

15.g

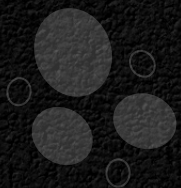
Fats

65.g



USES & BENEFITS

- Walnuts are rich in antioxidants that can help fight oxidative damage in your body, like damage due to “bad” LDL cholesterol, and so on.
- Walnuts are a great source of the plant form of omega-3 fat, which may help to reduce the risks due to heart disease.
- Various plant compounds and nutrients present in walnuts may help decrease inflammation which is said to be the key culprit in many chronic diseases.
- Walnuts nourish your body and benefit the bacteria that live in your gut. This may promote the health of your gut and may help reduce the risk of diseases.



Pisum Foods is one of the leading Walnut importers from India. We understand that the Walnut export from India can be somewhat complicated at times. Thus, Pisum is here to help! Our executives at Pisum Foods are trained to support you at every step on the way, right from documentation to the final delivery of the products. Our global connections and in-depth knowledge of the market has proven to be beneficial to most of our past clients. If you are looking for an exporter of Walnut, Contact Pisum now!