

# BLACK GRAM

## INGREDIENTS

- Nutrients
  - Protein
  - Vitamin
  - Minerals
- Calories - 341 kcal, Dietary Fiber - 18.3 g, Total Carbohydrate - 58.99 g
  - 25.21 g
  - Vitamin A , Vitamin C, Vitamin B-6
  - Calcium, Iron, Magnesium

## USES & BENEFITS

Black Gram also called Black lentil, is one of the most widely consumed lentils in India. The lentils are round and black in colour and are slightly elongated with a sticky texture and bland flavour. The Black Gram exporter in India exports tonnes of Black Gram to various countries in the world. Due to the increasing global demand of Black Gram, the Black Gram export from India has been on a rise over the years. This is a great opportunity for the Indian Black Gram exporter to expand their business and enter the international marketplace. The Black Gram export includes the export of various varieties of Black Gram.

