

FIELD BEANS

INGREDIENTS

- Nutrients
 - Calories - 88 kcal, Dietary Fiber - 8 g, Total Carbohydrate - 18 g
- Protein
 - 25.21g
- Vitamin
 - Vitamin A, Vitamin C, Vitamin B-6
- Minerals
 - Calcium, Iron, Magnesium

USES & BENEFITS

A field bean is a bean grown primarily for its ripe edible seeds. The Field Beans exporter in India exports tonnes of beans to various countries in the world. The Field Beans export from India has been increasing over the years probably due to the increasing global demand of the product. The Indian Field Beans exporter has a good opportunity to export his products abroad and earn good revenues. Therefore, Field Beans export can be said to be a growing business.

