

GREEN GRAM / MUNG BEAN

INGREDIENTS

- Nutrients
 - Calories - 347 calories, Total Carbohydrate 63 g, Dietary fiber 16 g
 - 24g
 - Vitamin A, Vitamin C, Vitamin D, Vitamin B6
 - Cobalamin, Magnesium
- Protein
- Vitamin
- Minerals

USES & BENEFITS

The green gram, also known as Mung Bean is basically a plant species in the legume family. The green gram exporter in India exports tonnes of green gram abroad every year. The popularity of green gram has been growing in the world. This may be a reason why green gram export from India has also been growing rapidly. This is a good time for the Indian Green Gram exporter to enter the international marketplace. The green gram export includes the export of various varieties of green gram.

