

HORSE GRAM

SPECIFICATION

- **Product Name** - Horse Gram
- **Origin** - Peninsular India
- **Family** - Macrotyloma Uniflorum
- **Binomial name** - Fabaceae

INGREDIENTS

- **Nutrients** - Calories 321 kcal, Carbs - 57g, Dietary Fiber - 5.0g
- **Minerals** - Calcium, Iron, Potassium
- **Vitamin** - Vitamin D
- **Protein** - 22 g
- **Fats** - 0g

USES & BENEFITS

- Horse gram is said to help with digestion and prevent Diarrhea. Horse Gram has a good amount of fiber which helps soaks up additional fluids from the intestine and the stomach. This, therefore, reduces the occurrence of diarrhea and loose motions.
- In Ayurveda it is suggested that eating horse gram every day may help a person lose weight.
- Experts say that Horse gram helps to reduce the LDL or bad cholesterol levels. Bad cholesterol levels in the veins could be removed when horse gram is consumed due to the levels of lipids in it.
- Horse gram is also said to be good for the skin. It may be used as a topical face pack to treat rashes, boils, and disorders of the skin to some extent as well. This is because it is antimicrobial and antibacterial. It also has plenty of antioxidants in it along with minerals to nourish the skin.

