

TURKISH GRAM

MOTH BEAN

SPECIFICATION

- Product Name - Moth Bean
- Origin - India and Pakistan
- Family - Fabaceae
- Binomial name - Vigna aconitifolia

INGREDIENTS

- Nutrients - Calories 343 kcal, Total Carbohydrates 62g, Dietary Fiber 2.8g
- Minerals - Calcium, Iron, Magnesium
- Vitamins - Vitamin B-6, Vitamin C
- Protein - 23 g
- Fats - 1.6g

USES & BENEFITS

- Moth beans are said to be useful for those who are trying to lose weight. These beans increase muscle mass that causes the burning of calories.
- Moth beans are rich in protein which is essential to build and repair muscles. It is a great source of protein, especially for vegetarians.
- Eating Moth beans regularly is effective for people having busy lives. Consuming Moth Beans and other food containing zinc helps to lower the impact of stress on the body.
- Moth beans are a powerhouse of nutrients. So its consumption helps you to build a strong immune system and defends the body against bacteria, fungi, and viruses.

