

# PEAS

## INGREDIENTS

- Nutrients
  - Calories - 62 calories / 100grams, Carbs- 11 grams, Fiber- 4 grams
- Protein
  - 4 grams
- Fat
  - 0.4g/100 grams
- Vitamin
  - Vitamin A, Vitamin C, Vitamin K
- Minerals
  - Protein, Riboflavin, Niacin, Vitamin B6, Folate, Magnesium Phosphorus, Copper

## USES & BENEFITS

Due to the growing popularity of peas around the world, the pea exporter in India has to increase the exports accordingly. Peas are healthy to eat and are generally used to many cuisines leading to the increase of pea export from India. Peas can be exported in the fresh or frozen form. The Indian pea exporter, export both these varieties of peas.

Besides these, there are many other varieties of pea export from India.

