

PIGEON PEA/ARHAR/TUR

INGREDIENTS

- **Nutrients** - Calories - 343 calories, Dietary Fiber - 15 g, Fat - 1.5g, Carbohydrate 63 g
- **Protein** - 22g
- **Minerals** - Thiamin, Magnesium, Phosphorus, Potassium, Copper, Manganese

USES & BENEFITS

Pigeon pea is one of the most popular tropical and subtropical legumes. It is fast-growing and also known to be drought resistant. The pigeon pea exporter in India exports tonnes of pigeon pea each year. Pigeon peas are used to many cuisines across the world including India and Indonesia. Thus the pigeon pea export from India has been on the rise. Due to its uses in animal feeding and so on Indian pigeon pea exporter is earning good profits. Many varieties are included in pigeon pea export from India.

