

Sheet1

	Diced Okra
Source of Origin	Maharashtra
Certificates	
Package	Bulk, 250 gms, 500 gm, 1 kg.
Appearance	Green
Available Months	12 Months
Supply Capacity	
Minimum Order	1 Tonnes
Processing Type	IQF
NUTRITIONAL INFORMATION	
Water%	72
Protein%	0.2 gm
Fat%	0.1 gm
Sugar%	7.03 gm
Calcium (Ca)%	81mg
Phosphorus (P)%	63 mg
Iron (Fe)(mg/100gm)	0.80 mg
Vit A	375 IU
Vit B	-
Vit B1 (ThiA)	-
Vit B2 (Ribf)	-
Vit C(mg/100gm)	21.1 mg
Niacin	1 mg
Minerals%	-
Fibers%	9%
Sodium (Na)	8 mg
Folic Acid	
Source	USDA national nutrient data