

We Export All You Need

www.nashibo.in

Let's know something about Makhana.

**We source the freshest, and the best quality products,
directly from farm**

MAKHANA

Hsn code 19041090

MAKHANA IS GOOD FOR

Managing Diabetes

Kidney Health

Developing Healthy Bones

Heart Health

Providing Energy

Weight Loss



MAKHANA

Preventing Skin Damage

Managing Blood Pressure

Fighting Insomnia

Controlling Diarrhea



Makhana (Fox Nuts) are edible seeds which are popped, roasted and flavored to make tasty and healthy snacks for kids and adults .

It is rich in Protein , Iron , Zinc. It is rich in Fibre , is gluten free and has low glycemic Index (GI).

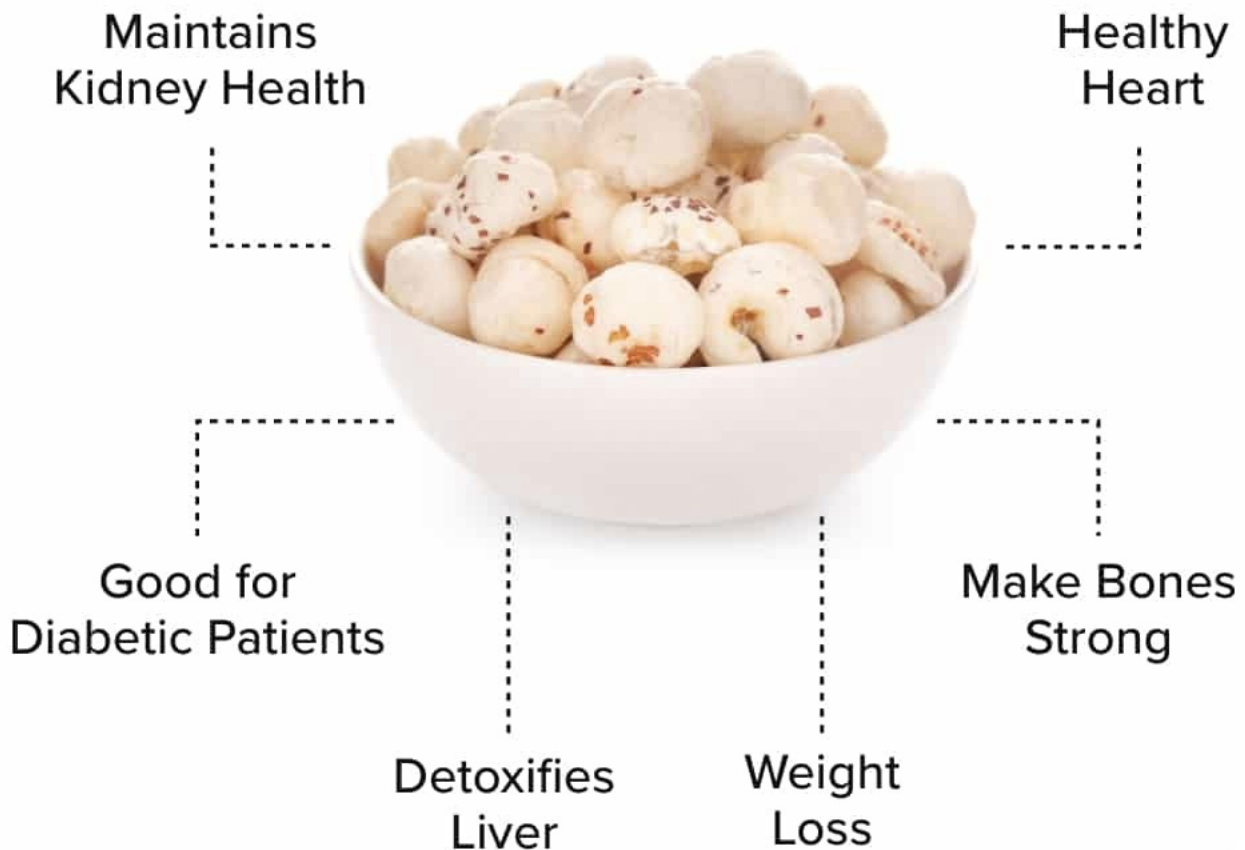
Nutritious Makhana can be roasted and flavored for giving you the punch of energy . Makhana is also high in calcium and plant based protein. Roasted Makhana can be added to your diet as simple , delicious snacks for making your lifestyle totally workable and utterly delectable.

Eco Friendly Makhana



Our premium selection of Makhana, also known as foxnuts and lotus seeds, offers you a delightful combination of crunchy texture, delectable flavors, and abundant health benefits. Indulge in this guilt-free snack that is low in calories, rich in antioxidants, and packed with essential nutrients. Discover the magic of Makhana and embark on a journey of wellness and flavor.

Health Benefits of Makhana



- **Ideal for weight management as it's low in calories**
- **Rich in antioxidants and naturally gluten-free**
- **Regulates blood sugar level due to its low glycemic index**
- **Contains beneficial enzymes that aid in digestion**
- **Contains magnesium, potassium, and calcium, promoting bone health.**

Nutritional Value of Makhana

(Per 100 Gram)

Total Calories - 350

Dietary Fibre - 7.6 gm

Carbohydrates - 77 gm

Calcium - 60 mg

Fat - 0.1 gm

Iron - 1.4 mg

Protein - 9.7 gm

Potassium - 500 mg



Superfood makhana is rich in proteins and fibre and low in fat. 100 grams of makhana gives around 347 calories of energy. There are around 9.7 grams of proteins and 14.5 grams of fibre in makhana. Makhanas are a very good source of calcium.

Process of making

Processing of makhana is cumbersome, labour intensive and time consuming process and involves human drudgery to a great extent.

Seeds of Makhana (Guri) are sun dried for ease of transportation and temporary storage.

It is stored in water tanks or water is sprinkled frequently to maintain the quality of the seed. Usually, guri is stored for 20-25 days in the clusters.

The sun-dried nuts are then categorized into 5 to 7 grades according to their sizes by means of a set of sieves. Subsequently, nuts are heated in earthen pitcher or cast iron pan by placing them over fire and stirring them continuously.

The pre-heated seeds are kept for tempering in basket/pots for 45-72 hours, which loosen the kernels from the hard seed coat.

Roasting and popping are the most painstaking operations of makhana processing.

About 300 gm of pre-heated and tempered nuts are taken and roasted in a cast iron pan in single layer over

the fire at 290 degree Celsius to 340 degree Celsius surface temperature with continuous stirring.

When crackling sound is heard after 1.5 – 2 min, 5-7 roasted seeds are scooped quickly by hand and kept on hard surface and sudden impact force is applied on them by means of a wooden hammer. As the hard shell breaks, the kernel pops out in expanded form, which is called makhana. It is followed by polishing and packing in gunny bags.

The yield of makhana varies from 30 to 35% on raw nut weight basis.

Processing Flow Chart

1

Makhana seeds harvested from the *Euryale ferox* plant.

2

Seeds are carefully graded to ensure quality and uniformity.

3

Outer shell or husk of the seeds is meticulously removed.

4

Roasting process, during which they pop open and become light and crunchy.

5

Graded again to eliminate any remaining impurities.

6

Handpicked to ensure that only the finest quality seeds make it to the final product.

7

Packaged to maintain its freshness and quality until it reaches your hands.



Uses Of Makhana

Snack on plain roasted or flavored makhanas for a healthy and satisfying munching experience.

Use crushed or powdered Makhana as a nutritious topping for salads, yogurt, or smoothie bowls.

Incorporate Makhana in baked goods like cookies, granola bars, or bread for added texture and nutrition.

Grind Makhana into a fine powder and use it as a gluten-free alternative to breadcrumbs for coating meat or vegetables.

Blend soaked Makhana into a creamy and nutritious plant-based milk alternative.