



INDO ESSENTIALS EXIM

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Indo Essentials Exim is your trusted global partner for premium Indian staples. We specialize in exporting a comprehensive, high-quality range of **Rice varieties and super-snack Makhana**. Our core promise is purity and integrity: we source directly from trusted farmers, guaranteeing every product is pesticide-free and meets the highest global standards. Partner with us for a reliable supply chain, world-class quality, and the best rates in the market.



First Impressions That Last: Packaging
Engineered for Purity and Shelf Presence



Our Premium Range

1 Makhana (Foxnuts)

2 Basmati Rice

3 Non Basmati rice



Foxnuts (MAKHANA)

Sourced from the heart of Bihar, Makhana is renowned for its exceptional quality, crunchy texture, and rich nutritional value. Handpicked from traditional ponds and processed with care, these fox nuts are a natural source of protein, calcium, and antioxidants—making them the perfect healthy snack for all ages.

Whether roasted for a light bite, cooked in delicious curries, or used in festive sweets, Darbhanga Makhana adds purity, flavor, and wellness to every dish. Trusted for generations, it is truly India's superfood with global appeal.

- **100% Natural & Handpicked from Darbhanga, Bihar**
- **Rich in Protein, Calcium & Antioxidants**
- **Low in Calories, Gluten-Free & Vegan**
- **Ideal for snacking, curries, kheer, and festive recipes**
- **Boosts energy, digestion, and heart health**
- **Hygienically processed & packed for freshness**

SPECIFICATIONS



Commodity Name	Fox Nut / Makhana
4+ Suta	14 to 16 mm
5+ Suta	16 to 20 mm
6+ Suta/ Handpicked	18 to 22 mm
Cultivation	Natural
Minimum Shelf life	9 Months
Colour	Natural
Packaging	Good Purity, Natural Test, No Added Color, Non Harmful



**NUTRITIONAL
VALUE**

				
<u>MAKHANA</u> (100gm)		<u>POPCORN</u> (100gm)		<u>POTATO CHIPS</u> (100gm)

CALORIES(kcal)

347

375

536

Carb(G)

75

78

52

FIBER(G)

14

15

5

Protein(G)

9.7

9

7

FAT(G)

0.6

4

34



Basmati Rice

Sourced from the fertile fields of India, **Golden Sella Basmati Rice** is parboiled to lock in essential nutrients while retaining its signature long, slender grains. Known for its golden hue, rich aroma, and non-sticky texture, this rice is a staple for kitchens worldwide.

- Premium Golden Sella Basmati variety
- Naturally long, slender, and aromatic grains
- Parboiled for better nutrition & cooking consistency
- Non-sticky texture – perfect for biryani, pulao, and fried rice
- Rich in fiber, vitamins & essential nutrients
- Hygienically processed & packed to preserve freshness

SPECIFICATIONS

Commodity Name	Basmati Rice
Purity	99%
Moisture	14% Max
Damage/Discolour Grain	0.5%Max
Broken	2% Max
Foreign Matter	1% Max
Packaging	Jute bag, PP bag, Non-woven bag or as per buyer's choice.





Non-Basmati Rice

Direct from the lush farms of South India, Sona Masuri Rice is a premium medium-grain variety cherished worldwide for its light, fluffy texture and subtle aroma. Known as a healthy alternative to other polished rice, it is rich in nutrients, low in starch, and perfect for international cuisines seeking authentic Indian flavor.

- **Premium rice sourced directly from India**
- **Naturally light, fluffy, and aromatic when cooked**
- **Low starch, easy to digest, and nutritious**
- **Ideal for Indian curries, Asian dishes, Mediterranean rice bowls, and healthy diets**
- **Hygienically processed, export-quality packaging for long shelf life**
- **Trusted by chefs and households in USA, Europe, Middle East & Asia**

SPECIFICATIONS

Commodity Name	Non Basmati Rice
Purity	99%
Moisture	14% Max
Damage/Discolour Grain	0.5%Max
Broken	2% Max
Foreign Matter	1% Max
Packaging	Jute bag, PP bag, Non-woven bag or as per buyer's choice.



Private Labelling And Different Packaging size



Pesticide Free Rice



Our Certifications





Contact Us

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