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REGIONS GROWN

- UTTAR PRADESH
- KERALA
- TAMIL NADU

COMMON NAMES

- KODON / KODRA / ARIKA / ARIKELU / VARAGU / HARAKA

NUTRITIONAL & HEALTH BENEFITS

- It is recommended for diabetics, to beat fatigue, heal wounds faster and improves nervous system.
- With a whopping 11% protein for every 100 grams, rich source of fibre at 10 grams, 66.6 grams of carbohydrates, 353 kcal, 3.6 grams of fat and presence of calcium, iron, polyphenols and various other nutrients.