

## Nutri Cereal Crop Little Millet / Kutki

- Little millet was domesticated in India. It is grown throughout India up to altitudes of 2100 m.
- The seeds of little millet are smaller than those of common millet.
- This species of cereal is similar in habit to the proso millet except that it is smaller.
- It is an annual herbaceous plant
- The panicles are from 4 to 15 cm in length with 2 to 3.5 mm long awn.
- The grain is round and smooth, 1.8 to 1.9 mm long.
- It can withstand both drought and water logging.
- Little millet is another reliable catch crop in view of its resistance to adverse agro-climatic conditions.



### Common name

Grown almost in whole India

- Kutki
- Same
- Samai
- Samalu
- Chama
- Sawa
- Gajra

### Nutritional value

- Carbohydrate - 65.55g
- Protein - 9g
- Fat - 2.55g
- Calcium - 16.06mg
- Iron - 1.26mg
- Fibre - 6.39g

### Health Benefits

- Helps control blood sugar level.
- Low Glycemic index.
- Reduce risk of heart attack.
- Help in development of body tissue and energy metabolism.

#### CONTACT DETAILS:

Address: Millet House ,Third Floor, Sector 4, Noida, 201301, NCR Delhi India

+919711136395+ 91 120 2557411, +91 120 3113105, +91 120 3113108

info@indianmilletinitiative.org

<https://www.instagram.com/indiamilletinitiative/>

<https://www.linkedin.com/in/india-millet-initiative-748912261/>