



**MISTRAVA GLOBAL**  
DELIVERING QUALITY EXPORTING TRUST

# *Catalogue*

[WWW.MISTRAVAGLOBAL.COM](http://WWW.MISTRAVAGLOBAL.COM)

# GROUND ZERO



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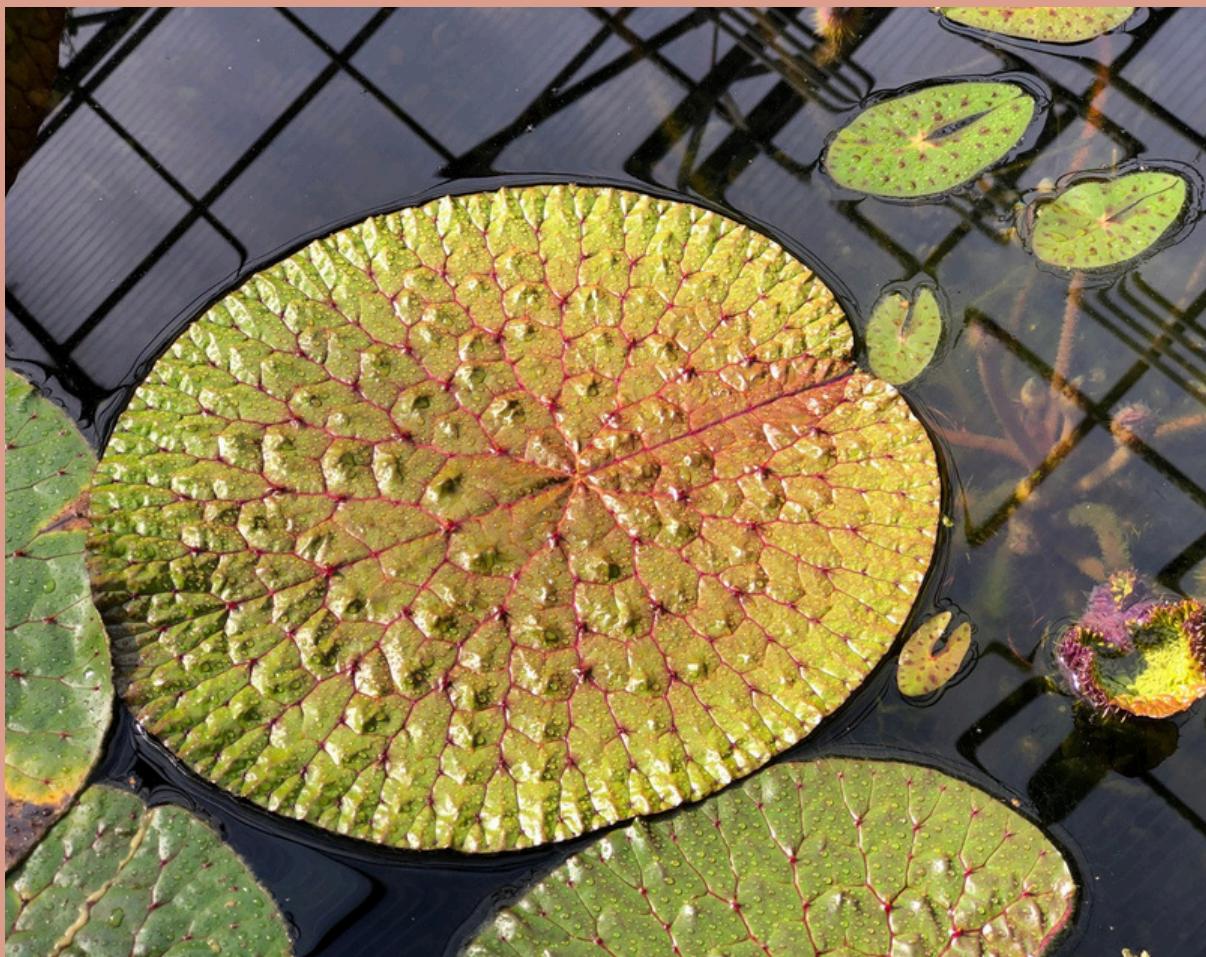


Welcome to Mistrava Global Pvt. Ltd., India's premier supplier of high-quality Fox Nuts (Makhana). We have strong ties with the farmers/manufacturers and in co-ordination with them, we are constantly delivering high quality Foxnuts to our esteemed clients. Our commitment to quality and customer satisfaction has made us a trusted name in the industry. We offer an extensive variety of Fox Nuts, expertly curated to suit diverse international tastes and preferences.

# ABOUT FOXNUTS



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Fox Nuts, also known as Makhana, the Super Food of India are seeds of the Euryale Ferox plant, commonly found in the wetlands of India. They are a popular snack due to their nutritional benefits, including being rich in protein, fiber, and antioxidants. Fox Nuts are gluten-free, low in calories, and known for their medicinal properties.

# PROCESS



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Here's an overview of the process, from cultivation to packaging:

## 1. Cultivation

- **Water Bodies:** Makhana is primarily cultivated in ponds, wetlands, and low-lying water bodies.
- **Planting:** Seeds are sown in water, and the plant grows with floating leaves.
- **Harvesting Season:** The crop is typically harvested between June and September.

## 2. Harvesting

- **Collection:** The ripened seeds sink to the bottom of the water body and are manually collected by skilled workers. This is physically demanding work, often performed in waist-deep water.
- **Cleaning:** The collected seeds are washed thoroughly to remove mud and debris.

## 3. Drying

- **Sun Drying:** The seeds are spread out in the sun for 2–3 days to reduce moisture content.
- **First Roasting:** Dried seeds are roasted in an earthen pot at high temperatures to harden the outer shell.

## 4. Popping

- **Cracking:** The roasted seeds are cracked manually with a mallet to remove the outer shell.
- **Second Roasting:** The inner seed is again roasted at controlled temperatures to ensure it pops into its final puffed form.

# PROCESS



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## 5. Sieving and Grading

- Sorting: Popped makhana is sorted based on size, color, and quality.
- Grading: Seeds are graded into categories like premium, medium, or broken, depending on market requirements.

## 6. Flavoring (Optional)

- Plain or Seasoned: Makhana is sold plain or coated with various seasonings (e.g., salt, chili, cheese) to cater to diverse tastes.

## 7. Packaging

- Vacuum-Sealed or Nitrogen-Flushed: To maintain freshness and extend shelf life, makhana is packed in airtight or nitrogen-flushed pouches.
- Labeling and Branding: Packages are labeled with nutritional information, certifications, and branding.

## 8. Quality Control and Distribution

- Global Standards: Quality checks ensure the product meets international safety and hygiene standards.
- Export: Makhana is then distributed to domestic and international markets.

# NUTRITIONAL VALUE



Raw makhana (foxnuts) is a highly nutritious snack with a unique nutrient profile. Here's an approximate breakdown of its nutritional value per 100 grams of raw makhana:

**Nutritional Value of Raw Makhana (100g) :**

Calories: 347 kcal ; Protein: 9.7 g

Carbohydrates: 77 g ; Sugar: ~0.5 g (negligible)

Dietary Fiber: 7.6 g ;

Fats: 0.1 g ; Saturated Fat: 0 g

Cholesterol: 0 mg

**Minerals**

Calcium: 60 mg

Iron: 1.4 mg

Magnesium: 50 mg

Potassium: 400 mg

Phosphorus: 200 mg

Sodium: 2 mg

**Vitamins**

Vitamin B1 (Thiamine): Trace amounts

Vitamin B2 (Riboflavin): Trace amounts

Vitamin C: Negligible

**Health Benefits**

- Low Glycemic Index: Ideal for diabetics.
- Gluten-Free: Suitable for gluten-intolerant individuals.
- Rich in Antioxidants: Helps fight oxidative stress.
- High in Fiber: Promotes digestion and helps with weight management.
- Its combination of protein and low calories makes it a good choice for a healthy, filling snack.

# RAW FOXNUTS



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**6+ Size**



**6 Size**



# RAW FOXNUTS



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4 Size



5 Size



# RAW FOXNUTS



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We have above types of Foxnut and we deliver best price for our clients on demand.

In Addition to above, We can also provide mixed type Foxnuts and any variety within 4 to 6+ size as per the size chart in the above picture. Size 7 is produced in very less quantities and generally is mixed with the 6 and 6+ variants.

# CONTACT US

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