



MISTRAVA GLOBAL

DELIVERING QUALITY EXPORTING TRUST

Catalogue

WWW.MISTRAVAGLOBAL.COM

GROUND ZERO



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



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



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



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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.

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