

Elephant Foot Yam Exporters In India To UAE



FOB Price: Pricing on Request

Min.Order Quantity: 1000 Kilogram

Supply Ability: 25 Metric Tons per week

Port of Loading: Chennai

Payment Terms: 50% TT advance and rest on the
Scan Copy of B/L

Product Type: Root/Vegetable

Style: Fresh

Size: 20-30

Grade: A

Certification: APEDA

Weight: 0.5 - 2

Place Origin: Tamilnadu

Brand Name: Yai or Customer's wish

Model Number: FV-RO-001

Color: Natural

Product Photo Gallery



Packaging, Shipping & Delivery

Packaging Details: As per Customer's wish
Delivery Time: 7 days

Packing:

As per Customer's Wish

Shipping:

Port: Chennai

Product Description

About Elephant Foot yam

Amorphophallus paeoniifolius, the elephant foot yam or whitespot giant arum or stink lily, is a tropical tuber crop grown primarily in Africa, South Asia, Southeast Asia and the tropical Pacific islands

The plant gives off a putrid smell. The pistillate (female) and staminate (male) flowers are on the same plant and are crowded in cylindrical masses

Elephant foot yam is of Southeast Asian origin. It grows in its wild form in India, Sri Lanka, the Philippines, Malaysia, Indonesia, and other Southeast Asian countries.

In India this species as a crop is grown mostly in Bihar, West Bengal, Kerala, Karnataka, Andhra Pradesh, Maharashtra and Orissa. It is popularly known as "oal" (*ol* in Bengali, *suranor jimikand* in Marathi and Hindi, *Chennai kizhangu* in Tamil, *suvarna gedde* in Kannada, *chena* in Malayalam, *oluo* in Oriya, *kanda gadda* in Telugu and *kaene* in Tulu)

In Tonga, where it is known as *teve*, it is viewed as the most inferior of all yam species and is only eaten if nothing else is available.

Benefits Of Elephant Foot Yam

- Elephant foot yam has trace minerals that are needed by the body to carry out its functions and they are copper, selenium, phosphorus, zinc, potassium and magnesium.
- It has a high content of protein in it.
- With high fiber content, this vegetable is considered to be a slimming food. Yam promotes weight loss and also reduces cholesterol levels in the body. But you have to cook it properly! You can't expect weight loss if you deep fry it in oil and have. If you choose the right cooking method, you can eat it without worrying about weight gain.
- The fiber in yam is also good for the friendly bacteria residing in your gut. When they feel homely and flourish, they boost your immunity too!
- It is good for those who suffer from hypertension as it has a cooling effect on the body.
- Elephant foot yam has a high content of omega 3 fatty acids. They help in increasing good cholesterol and lowering bad cholesterol.
- This vegetable is usually advised to those who are getting treated for piles. It also helps in reducing irregular bowel movements and treats constipation.
- Yam has anti-coagulating properties that prevent the blood from clotting.
- Elephant foot yam is a healthy option for those who suffer from diabetes because it has a low glycemic index (raises blood sugar slowly).
- It is particularly good for women as it increases the levels of estrogen in the body, thus helping them in maintaining hormonal balance. Being high in vitamin B6, it provides relief from premenstrual syndrome (PMS).

- It is known to prevent muscle spasms.
- It contains a compound called diosgenin that is being researched for treating and preventing cancer.
- Elephant foot yam has anti-inflammatory properties and this property prevents the inflammation of joints.
- This veggie is also helpful in lowering blood pressure.
- It is an antioxidant that slows down the process of ageing and prevents heart diseases

Our Services

1. Best Packing
2. Good Quality
3. Best material Rate & Shipping Rate
4. Fast Delivery
5. 100% satisfaction