

## Fresh elephant yam export in india



**FOB Price:** \$ 318 USD

**Min.Order Quantity:** 1000 Kg

**Supply Ability:** 5 Metric Ton/Metric Tons per Week

**Port of Loading:** Mundra , vizag

**Payment Terms:** TT 40% Advance rest 60% scan  
copy of BL

**Product Type:** Vegetable

**Style:** Fresh

**Size:** 8

**Grade:** A

**Certification:** APEDA

**Weight:** Weight less

**Place Origin:** India

**Brand Name:** Customer's Wish

**Model Number:** REO0001

**Color:** Brown

### Product Photo Gallery



## Packaging, Shipping & Delivery

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Packaging Details: Packing in carton box  
Delivery Time: 3 deys

Packing Details: Packing In Carton Box

Loading port: Mundra,Vizag

## Product Description

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*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 island. 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.

In Bihar, it is used in oil curry, oil bharta or chokha, pickles, and chutney. Oral chutney is also called Barabara chutney" as it has mango, ginger, and oil in equal quantities, hence the name barabar (meaning "in equal amount")

In West Bengal, these yams are eaten fried or in yam curry. The plant body of elephant foot yam is also eaten in West Bengal as a green vegetable called Bengali:ol shaak"

In Cambodia, it is known as *toal thom*

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 fibre 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 fibre 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 pre menstrual 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, cancer and stroke.