



Flat Bread, Cookies, Brownie, Snickers, Tacos, Noodle & many more.



Pearl Millet Nutrient per 100g

Energy(Kcal)	361
Protein	11.6g
Carbohydrate	65.5g
Crude Fibre	1.2g
Calcium	42mg
Iron	8.0mg

Source: Nutritive value of Indian food, NIN, ICMR 2018

About Our Product

The most extensively cultivated millet is pearl millet (*Pennisetum glaucum*, *P. typhoides*, *P. pruriens*, and *P. americanum*). Large stems, leaves, and heads characterise this summer cereal grass. In terms of farmed land and contributions to food security in parts of Africa and Asia that can only produce limited amounts of other crops, pearl millet is the most significant species of millet.

Compared to other millet such as sorghum or maize, it utilizes moisture more effectively, Condensed panicles (spiked) measuring 10 to 150 cm in length, support the grain. Under conditions of heat and drought, Pearl Millets has the highest yield potential of all millets. Pearl millet can be beneficial in the process of weight loss as it is high in fiber content and also give satiety as it takes a longer time to pass through the stomach to the intestine. It has been found that due to its high fiber content risk of occurrence of gall stone is low. Pearl millet had phosphorus and a rich source of calcium which helps to attain peak bone density.



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Millet Pearl Millet





Flat Bread, Cookies, Dosa, Idli, Upma, Khichadi, Cake & many more.



Sorghum Nutrient per 100g

Energy(Kcal)	349
Protein	10.4g
Carbohydrate	72.6g
Crude Fibre	1.2g
Calcium	42mg
Iron	8.0mg

Source: Nutritive value of Indian food, NIN, ICMR 2018



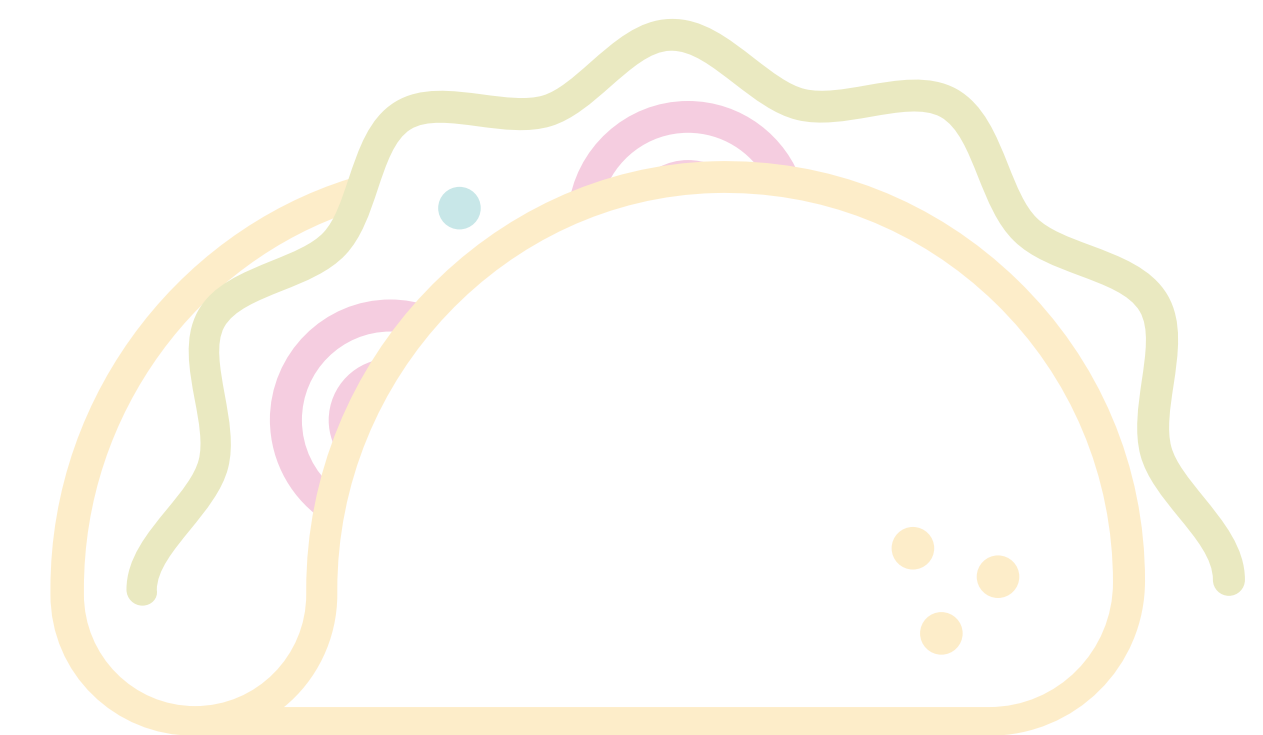
About Our Product

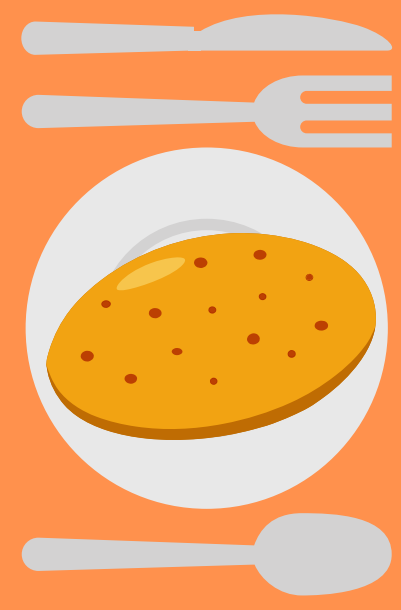
Sorghum is a crop from the Gramineae family that is high in carbohydrates and has the scientific name Sorghum bicolor L. It is one of the staple crops for millions of semi-arid residents, is also known as "The KING OF MILLETS". Its main ingredient is starch, which is digested more slowly than in other cereals and also has a low protein and fat digestibility. The onset of non-communicable diseases is significantly influenced by oxidative stress and excessive free radical production. The expression of the phase II enzyme is controlled by sorghum derived phenolic chemicals. These operate as the body's natural defense against oxidative stress by converting highly reactive electrophilic species (RES) into harmless and excretable metabolites.



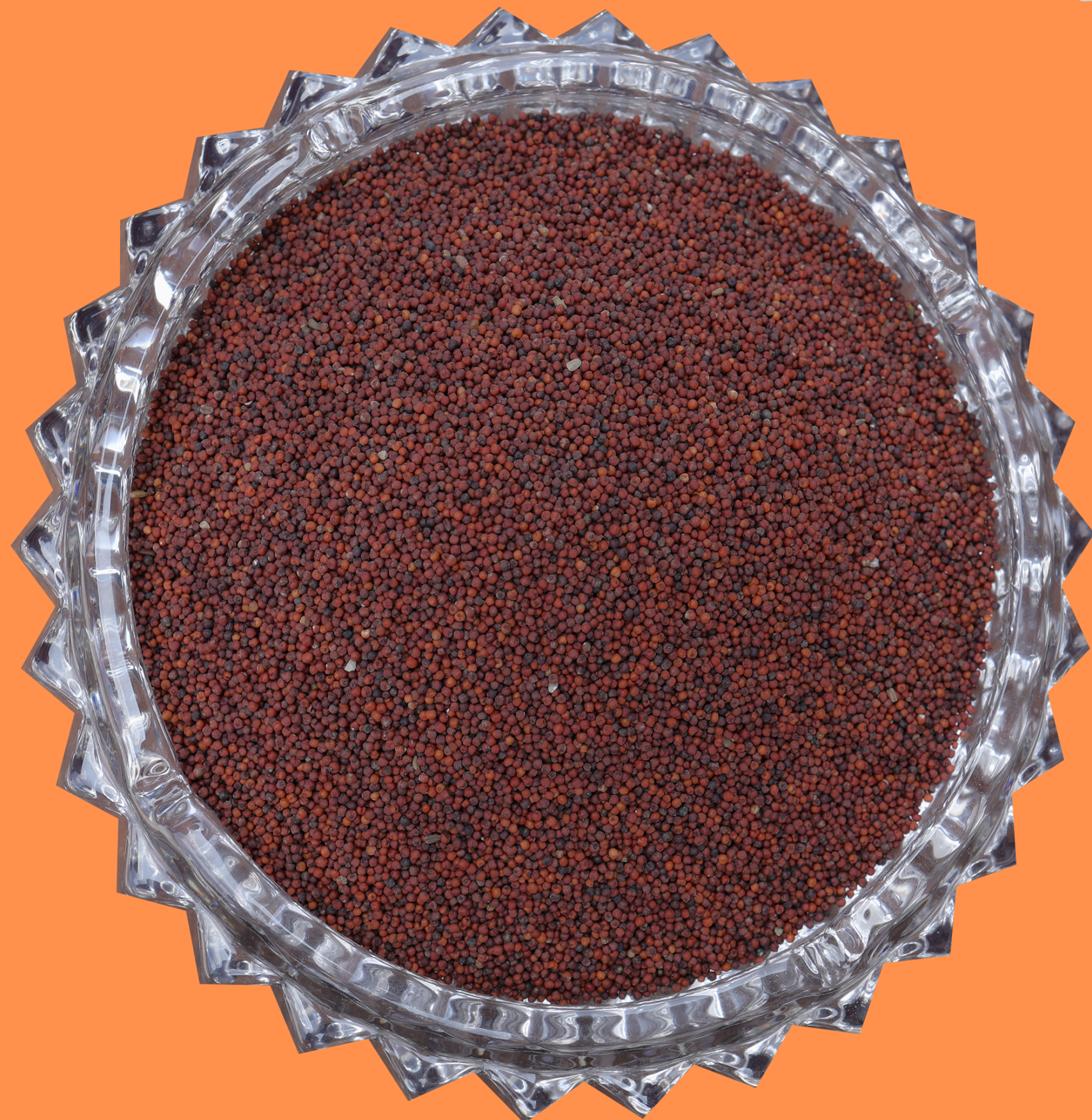
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Millet Sorghum





Khahra, Bread, Bhel, Cutlet, Cookies & many more.



About Our Product

Another significant staple grain in Eastern Africa and Asia is finger millet (*Eleusine coracana*), often known as ragi in India (India, Nepal). At the top of the stem, the plant has many spikes or "fingers." The grains are tiny (1-2 mm in diameter). Finger millet grains are rich in minerals, dietary fiber, polyphenols, and proteins. Finger millet, which is rich in calcium plays an important role in growing children, pregnant women as Well as people suffering from obesity, diabetes and malnutrition. It contains high amount of potassium for the proper functioning of the kidneys and brains and allows the brain and muscles to work smoothly.



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Millet

Finger Millet



Energy(Kcal)

328

Protein

7.3 g

Carbohydrate

72 g

Crude Fibre

2.6g

Calcium

344mg

Iron

8.9mg

Finger Millet Nutrient per 100g

Source: Nutritive value of Indian food, NIN, ICMR 2018



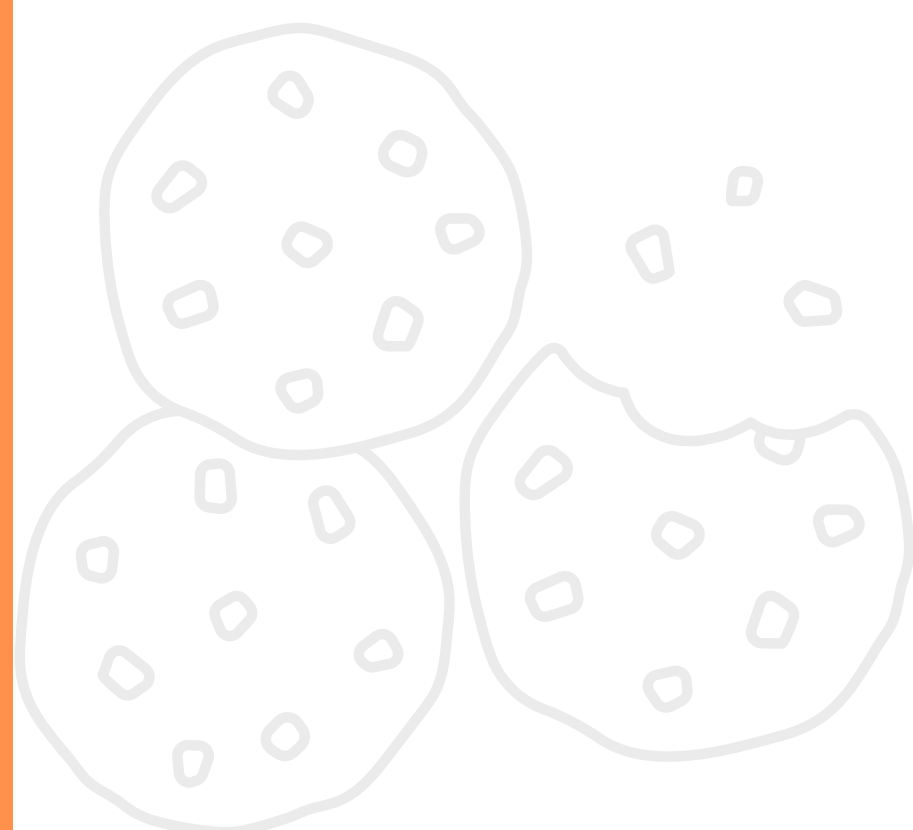
Cuttlet, Maheri, Pizza, Patties, Payasam, Indiana & many more.



Barnyard Nutrient per 100g

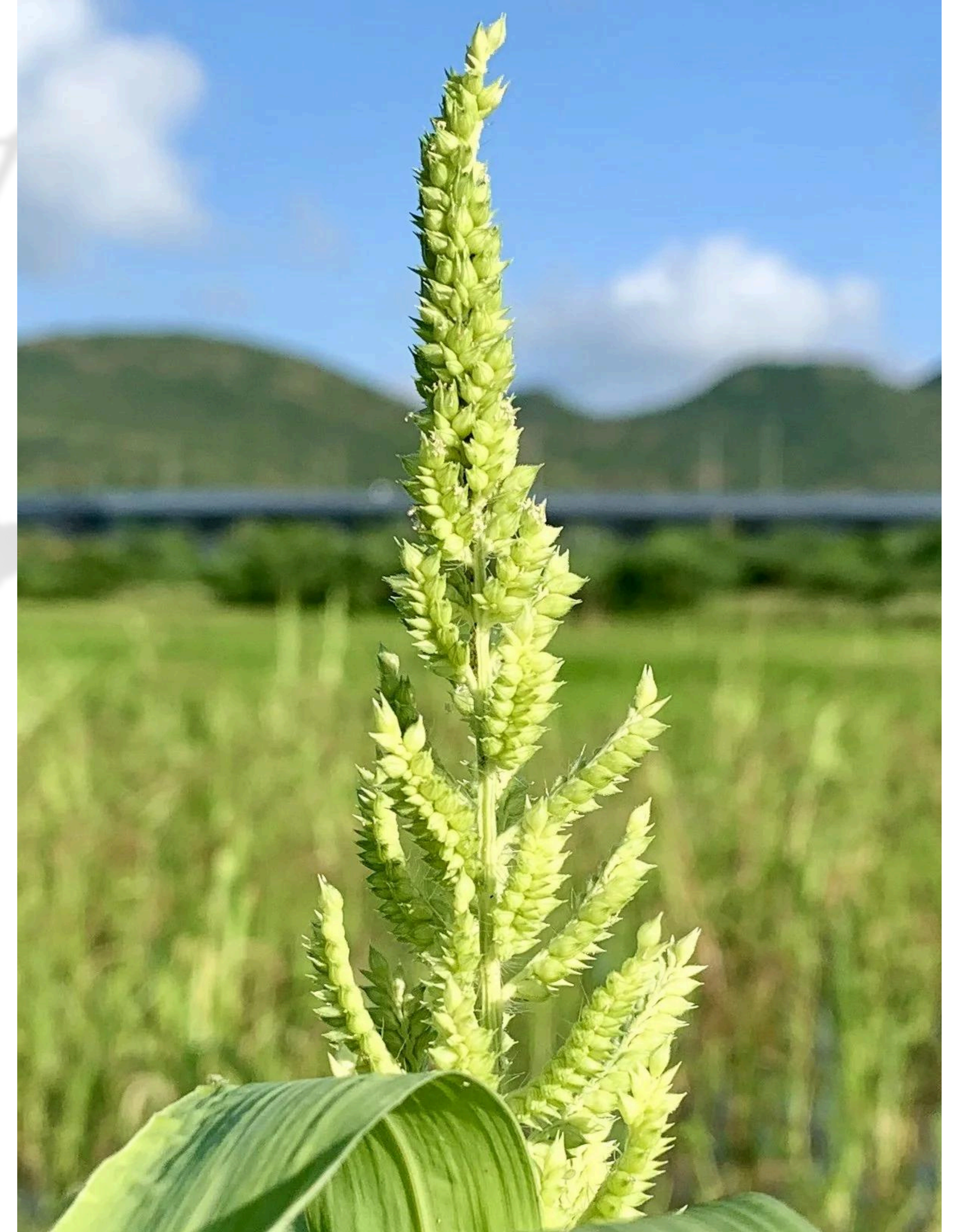
Energy(Kcal)	341
Protein	7.7g
Carbohydrate	67g
Crude Fibre	7.6mg
Calcium	17mg
Iron	9.3mg

Source: Nutritive value of Indian food, NIN, ICMR 2018



About Our Product

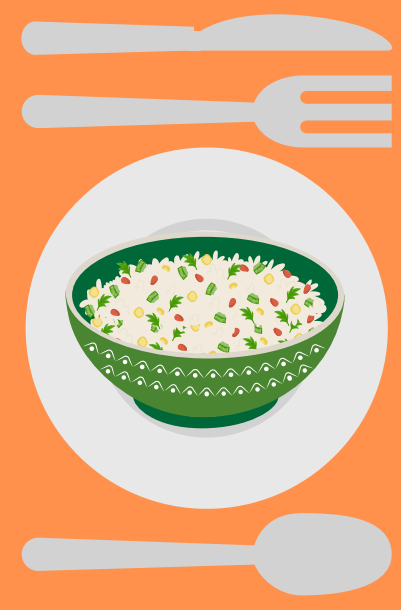
Barnyard Millet (Echinochloa crusgalli, E. colona), is a short duration crop that can grow in adverse environmental conditions with almost no input and can withstand various biotic and abiotic stresses. In addition to these agronomic advantages, the grains are valued for their high nutritional value and lower expense as compared to major cereals like rice, wheat, and maize. It contains a rich source of protein, carbohydrates, fiber, and, most notably, micronutrients like iron (Fe) and zinc (Zn) that are related to numerous health benefits. These features make barnyard millet an ideal supplementary crop for subsistence farmers and also as an alternate crop during the failure of monsoons in rice/major crop cultivating areas.



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Millet Barnyard





Upma, Pulao, Adai, Khichadi, Cake & many more.



Energy(Kcal)

302

Protein

8.03g

Carbohydrate

69.9g

Crude Fibre

8.5mg

Calcium

22mg

Iron

9.9mg

Kodo Nutrient per 100g

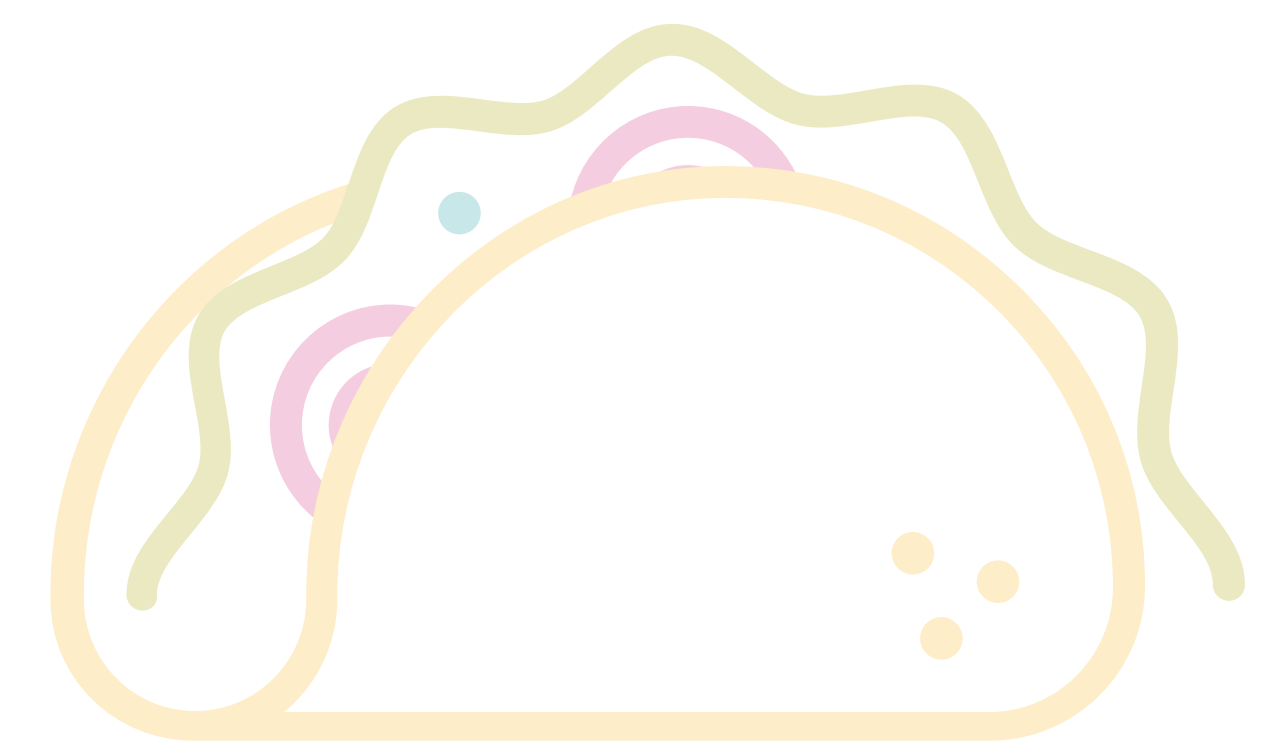
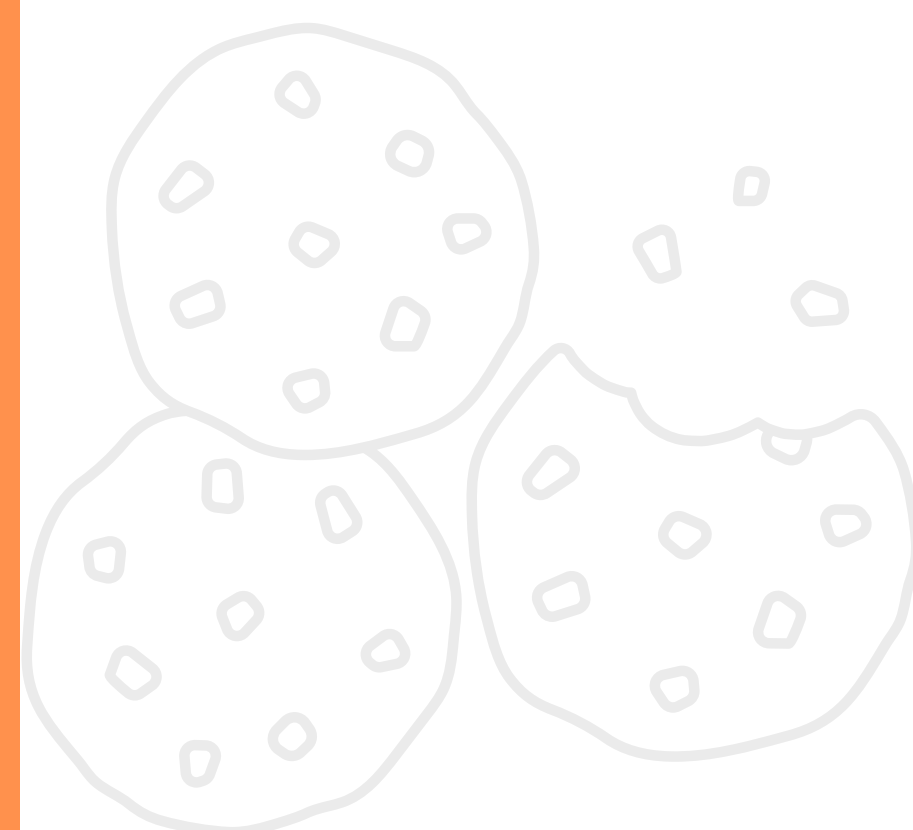
About Our Product

In India, Kodo Millet (*Paspalum scrobiculatum*) grown mostly in the Deccan region and the cultivation extends to the foothills of Himalayas. Kodo millet is rich in dietary fiber and minerals like iron, antioxidant. The phosphorus content in kodo millet is lower than any other millet and its antioxidant potential is much igher than any other mi et and major cereals Higher amount of antioxidants helps against oxidative stress and maintain glucose concentrations in type-2 diabetes. Kodo millet is useful in curing asthma, migraine, blood pressure, heart attack and atherosclerosis, diabetic heart disease and for postmenopausal in females.



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Millet Kodo





Cutlet, Dosa, Pulao, Bread, Thepla, Biryani & many more.



About Our Product

SFoxtail Millet (*Setaria italica* L.) an annual grass plant, produces seeds that possess health-promoting properties owing to its unique protein composition containing a high content of essential amino acids. It is one of the earliest cultivated crops, extensively grown in the arid and semi-arid regions of Asia and Africa, as well as in some other economically developed countries of the world where it is more commonly used as bird feed. Anti-nutrients like phytic acid and tannin present in this millet can be reduced to undetectable amounts by using the proper processing methods. Additionally, the millet is said to have antioxidant, low-glycemic index and hypolipidemic properties.



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Millet Foxtail



Foxtail Nutrient per 100g

Energy(Kcal) 331

Protein 12.3g

Carbohydrate 60.9g

Crude Fibre 14mg

Calcium 31mg

Iron 3.6mg

Source: Nutritive value of Indian food, NIN, ICMR 2018



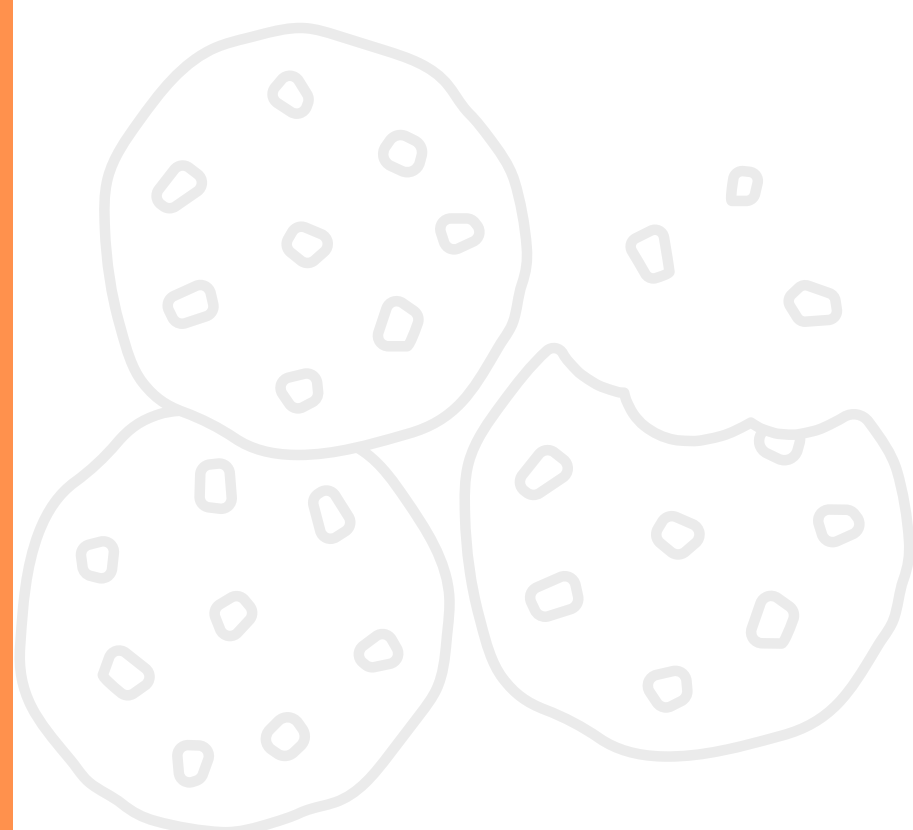
Biryani, Vegetable Roti, Bhel, Patties, Khakhra & many more.



Little Millet Nutrient per 100g

Energy(Kcal)	314
Protein	10.13g
Carbohydrate	65.55g
Crude Fibre	7.72mg
Calcium	32mg
Iron	1.3mg

Source: Nutritive value of Indian food, NIN, ICMR 2018



About Our Product

Little Millet (*Panicum miliare*) is one among the minor millets grown to a limited extent all over India up to altitudes of 2100 m. It is a relative of Proso Millet but the seeds of little millet are much smaller than Proso Millet with their low carbohydrate content, slow digestibility and low water-soluble gum content, The complex carbohydrates, phenolic compounds, antioxidant content present in them helps to prevent metabolic disorders like diabetes, cancer, obesity etc.



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Millet
**Little
Millet**

