

Green Gram

- [Phytopedia](#)
- [Lentil](#)



Green gram is rich in fiber and low on calories making it ideal for weight reduction

GEEK TALK

Vigna radiate

BUT WE TALK

Mung Beans, Moong Dal, nga choy, Pojo, Golden gram & Mungo

DID YOU KNOW?

The green gram is one of the most wholesome legumes and is much easier to digest than many other whole lentils. It is consumed whole (with the green 'skin') and in the form of split seeds (pale yellow lentils).

The dried seeds are ground into flour after removal of the seed-coat and used in various Indian and Chinese dishes. The green pods are eaten as a vegetable. In China and the United States, it is used for bean sprouts. The sprouted beans are highly nutritious.

Green grams are a good source of Vitamins A, B, C & E, calcium, iron, magnesium, potassium, and amino acids. Green grams contain 20% protein and are a good source of folate and dietary fiber.

KITCHEN PHARMACY

- Green gram contains a very low amount of calories that helps in maintaining body weight
- Mung bean is highly rich in fiber content and vitamin C. It has low sodium and high potassium level helps to reduce the risk of high blood pressure.
- The antioxidant effect of vitamin C content of green grams helps to correct many vision-related disorders.
- Flour of the green gram is an excellent detergent and can be used as a substitute for soap. It removes the dirt and does not cause any skin irritation. Ancient Indian beauty traditions incorporated green gram flour as part of daily skin maintenance.

GEOGRAPHICAL DISTRIBUTION

Green Gram is native to India and was introduced early into China, Africa, and the US. Now, the largest producers are India, Pakistan, Bangladesh, Sri Lanka & Thailand.

