

# Shanti Kunj Exports



# About us

Shanti Kunj Exports is a trusted name in delivering premium quality fox nuts (makhana) to customers worldwide. With a commitment to purity, taste, and health, we source our fox nuts from the best farms, ensuring they are naturally grown and carefully processed.

Healthy Crunch, Anytime Munch  
Healthy Crunch, Anytime Munch – Enjoy the perfect balance of taste and nutrition with our premium fox nuts, ideal for guilt-free snacking anytime.

Nature's Lightest & Healthiest  
Snack  
Nature's Lightest & Healthiest  
Snack – Delight in the crisp, airy goodness of our premium fox nuts, packed with natural nutrition for guilt-free indulgence.

# NUTRITIONAL COMPOSITION

Fig 1: Nutritional  
composition of Fox Nuts

## Parameters

Moisture

Raw seeds

34.7

Popped seeds

10.4

Roasted seeds

4.17

# Parameters

Ash

**Raw seeds**

0.3

**Popped seeds**

0.4

**Roasted seeds**

0.66

# Parameters

Fat

**Raw seeds**

0.3

**Popped seeds**

0.5

**Roasted seeds**

0.68

# Parameters

## Protein

### Raw seeds

7.2

### Popped seeds

8.7

### Roasted seeds

14.57

# Parameters

Crude Fiber

**Raw seeds**

0.5

**Popped seeds**

0.2

**Roasted seeds**

0.51

# Parameters

## Carbohydrate

**Raw seeds**  
57.0

**Popped seeds**  
79.8

**Roasted seeds**  
79.4

# GRADES IN FOX NUTS

We offer our clients different grades of Fox Nuts that can be used in snacking and munching, pudding/kheer, porridge, salads, etc.

**Size (mm)**

10-12

**Grades**

3 Suta

**Usage**

Powder

**Category**

Small

**Size (mm)**

12-15

**Grades**

4 Suta

**Usage**

Economical, widely  
used in flavouring

**Category**

Regular

**Size (mm)**

15-18

**Grades**

5 Suta

**Usage**

Popular for regular  
snacking

**Category**

Good

**Size (mm)**

18-21

**Grades**

6 Suta

**Usage**

Premium  
market grade

**Category**

High

**Size (mm)**

21+

**Grades**

7 Suta

**Usage**

Extra-large,  
export-ready,  
high-value

**Category**

High

# Mineral Content in Fox Nuts

**Parameters  
(mg/100gm)**

**Phosphorus**

**Raw seeds**

66.1

**Popped seeds**

53.2

**Roasted seeds**

56.4

**Parameters  
(mg/100gm)**

**Potassium**

**Raw seeds**

**35.6**

**Popped seeds**

**42.0**

**Roasted seeds**

**47.2**

**Parameters  
(mg/100gm)**

**Iron**

**Raw seeds**

**0.8**

**Popped seeds**

**1.4**

**Roasted seeds**

**12.7**

**Parameters  
(mg/100gm)**

**Calcium**

**Raw seeds**

**9.5**

**Popped seeds**

**18.5**

**Roasted seeds**

**19.2**

**Parameters  
(mg/100gm)**

**Magnesium**

**Raw seeds**

**11.3**

**Popped seeds**

**13.9**

**Roasted seeds**

**26.3**

**Parameters  
(mg/100gm)**

**Sodium**

**Raw seeds**

**48.2**

**Popped seeds**

**71.0**

**Roasted seeds**

**23.8**

**Parameters  
(mg/100gm)**

**Copper**

**Raw seeds**

**0.3**

**Popped seeds**

**0.5**

**Roasted seeds**

**-**

**Parameters  
(mg/100gm)**

**Manganese**

**Raw seeds**

**0.9**

**Popped seeds**

**1.3**

**Roasted seeds**

**-**

**Parameters  
(mg/100gm)**

**Zinc**

**Raw seeds**

**0.9**

**Popped seeds**

**1.1**

**Roasted seeds**

**1.8**

# Foxnuts



**Louts Puffs 1  
12-15 MM 4 Suta**

**Louts Puffs 2  
15-18 MM 5 Suta**



**Louts Puffs 3  
18-21 MM 6 Suta**

**Louts Puffs 4  
>21 MM 7 suta**



# Dehydrated Powder



**Onion Powder**



**Garlic Powder**

# Our Gallery



# Contact us

**Phone :**

**+91 8178589892**

**Email :**

**[sale@shantikunjexports.com](mailto:sale@shantikunjexports.com)**

**Location :**

**Plat No-120 Chandini Chowk  
Fatehpuri Road Delhi Central Pin-  
110006**