



KALPTARU

EXPORTER

Welcome to Kalptaru – a bastion of quality and tradition
in the world of Fast-Moving Consumer Goods FMCG,
Food Grain

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Table Of Contents

01

About us

02

Spices

03

Oil

04

Pulses

05

Papad

06

Grains

07

Namkeen

08

Peanuts

08

Contact us

About Us

Since 2019

Company History

Welcome to Kalptaru – a bastion of quality and tradition in the world of Fast-Moving Consumer Goods (FMCG). Established in 2019 by the visionary Rekha Swami, Kalptaru is a name synonymous with excellence. As a dedicated trader based in Suratgarh, Rajasthan, we specialize in providing premium FMCG, Food Grain, Namkeen And Oil products, with a focus on delectable salty foods and Namkeen. Our commitment to quality is unwavering, and our founder's post-graduate expertise ensures that every product bears the mark of distinction. At Kalptaru, we don't just offer goods; we deliver an experience curated with precision and care. Explore the richness of our offerings, grounded in cultural authenticity, and embark on a journey of flavor and satisfaction. Welcome to Kalptaru – where every product tells a story of passion, quality, and a commitment to your delight.



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SPICES



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Our Product



Cumin Seed

Cumin seeds are small, dried fruits of the *Cuminum cyminum* plant, widely used as a spice in many cuisines. They are known for their warm, earthy flavor with a hint of bitterness and a distinct aroma. Nutritionally, cumin seeds are rich in dietary fiber, vitamins, and minerals like iron, calcium, magnesium, and phosphorus. They also contain essential oils that contribute to their flavor and therapeutic properties. Cumin is believed to aid in digestion, improve immunity, and possess antioxidant, anti-inflammatory, and antimicrobial properties.



Our Product



Coriander

Coriander, also known as cilantro, is a versatile herb widely used in culinary and medicinal practices. Its fresh leaves and dried seeds offer distinct flavors. The leaves have a citrusy, slightly peppery taste, often used in salads, sauces, and garnishes. Coriander seeds have a warm, nutty flavor, and are commonly ground or used whole in spice mixes. Nutritionally, coriander is rich in antioxidants, vitamins A, C, and K, and contains minerals like potassium and magnesium. It may aid digestion, reduce inflammation, and support heart health. Its aromatic and flavorful properties make it a popular choice in various cuisines globally.



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Our Product



Red Chilli

Red chilli, a common spice, is widely used in cooking for its pungency and heat. It contains capsaicin, the compound responsible for its spicy flavor and health benefits. Rich in vitamins A, C, and E, red chilli supports immune function and skin health. It also contains antioxidants, which help fight free radicals, reducing the risk of chronic diseases. Red chilli is low in calories and high in dietary fiber, promoting digestion. The capsaicin in red chilli has been linked to boosting metabolism, aiding in weight loss, and providing pain relief by reducing inflammation and improving circulation.



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Our Product



Fenugreek

Fenugreek (*Trigonella foenum-graecum*) is an herb commonly used in cooking and traditional medicine. Its seeds are rich in nutrients, including fiber, protein, and essential minerals like iron, magnesium, and manganese. A tablespoon of fenugreek seeds (about 11 grams) contains approximately 35 calories, 3 grams of fiber, and 3 grams of protein. They also provide vitamins, such as vitamin B6 and folate. Fenugreek seeds are known for their potential health benefits, including improving digestion, lowering blood sugar levels, and boosting lactation in nursing mothers. The herb is also high in antioxidants and has anti-inflammatory properties.



Our Product



Kalonji

Kalonji, also known as black seed or *Nigella sativa*, is a tiny black seed packed with numerous health benefits. It contains a rich array of nutrients, including essential fatty acids, vitamins (like vitamin A, B, and C), minerals (such as iron, calcium, potassium, and zinc), and powerful antioxidants. The seeds are particularly noted for their thymoquinone content, which has anti-inflammatory, antimicrobial, and immune-boosting properties. Kalonji is also a good source of fiber, protein, and healthy fats. It's commonly used in traditional medicine for treating digestive issues, skin disorders, and boosting overall health and well-being.



Our Product



Saunf

Saunf, or fennel seeds, are tiny aromatic seeds with a slightly sweet flavor, widely used in Indian cuisine and traditional medicine. They are rich in nutrients like fiber, antioxidants, and essential minerals such as calcium, magnesium, and potassium. Saunf aids digestion, reduces bloating, and helps in treating indigestion. It is often consumed after meals as a mouth freshener and digestive aid. The seeds also possess anti-inflammatory and antibacterial properties, promoting oral health. In traditional remedies, saunf is used to regulate blood pressure, improve eyesight, and alleviate respiratory issues due to its cooling and soothing effects.



OIL



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Our Product



Mustard Oil

Mustard oil, derived from mustard seeds, is a popular cooking oil in South Asia. It contains a unique blend of healthy fats, including about 60% monounsaturated fats (oleic acid), 21% polyunsaturated fats (linoleic and alpha-linolenic acids), and around 12% saturated fats. It is rich in omega-3 and omega-6 fatty acids, which are essential for heart health. Mustard oil also has a strong pungent flavor and contains compounds like glucosinolates and allyl isothiocyanate, known for their anti-inflammatory and antimicrobial properties. Despite these benefits, its erucic acid content has raised concerns regarding heart health in some regions.



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Our Product



Peanut Oil

Peanut oil, derived from peanuts, is a popular cooking oil known for its mild flavor and high smoking point, making it ideal for frying and sautéing. It contains about 99.9 grams of fat per 100 grams, with around 18–20% saturated fat, 48–54% monounsaturated fat (primarily oleic acid), and 27–32% polyunsaturated fat (mainly linoleic acid). Rich in vitamin E, it acts as an antioxidant, contributing to skin health and immune function. Peanut oil is cholesterol-free, heart-healthy when consumed in moderation, and has been linked to potential benefits for reducing inflammation and improving cardiovascular health.



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PULSES



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Our Product



Moong Dal

Moong dal, or split mung beans, is a popular legume in Indian cuisine, known for its high nutritional value. It is rich in protein, containing around 24 grams of protein per 100 grams, making it an excellent source for vegetarians. Moong dal is low in fat and cholesterol, while being a good source of dietary fiber, aiding digestion. It's packed with essential vitamins and minerals like iron, potassium, magnesium, and B vitamins, promoting overall health. The dal is also easy to digest and is often recommended for those recovering from illness due to its light and nourishing nature.



Our Product



Moth Gram

Moths, fascinating nocturnal insects, belong to the order Lepidoptera, which also includes butterflies. They play a crucial role in ecosystems, such as pollinating plants and serving as prey for various predators. With over 160,000 species identified, moths exhibit diverse forms, colors, and behaviors. They are primarily attracted to light sources due to their navigational instincts. Many moth species are also vital in agricultural ecosystems, with some acting as pests to crops. Understanding moth behavior and biology helps in pest control and ecological conservation efforts, emphasizing their importance beyond just their beauty and nocturnal habits.



PAPAD



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Our Product



Papad

Papad, also known as papadam or appalam, is a thin, crisp Indian cracker made from a dough of lentil, chickpea, or rice flour. It is typically seasoned with spices and salt, and then either sun-dried or baked. Papad is a popular accompaniment to meals in India, often served as a snack or as a side dish to enhance the flavor and texture of the main course. It can be fried, roasted, or microwaved to achieve its crispiness. Nutritionally, papad is low in calories but can be high in sodium and fat, depending on how it's prepared.



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Our Product



Khakhra

Khakhra is a traditional Indian snack, particularly popular in the state of Gujarat. It is a type of crisp, thin, and round bread made from whole wheat flour. The dough is rolled out into a thin circle and cooked on a hot griddle, often seasoned with spices like cumin, carom seeds, or fenugreek. Khakhra is typically enjoyed as a crunchy snack or paired with yogurt, pickles, or salads. Its preparation is both simple and versatile, allowing for various flavor additions. Khakhra is known for its nutritional benefits, providing a good source of fiber and essential nutrients while being low in calories.



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GRAINS



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Our Product



Rice

Rice is a staple food consumed globally, providing a significant portion of daily calories for billions. It is primarily composed of carbohydrates, which supply energy. A typical serving of rice contains about 80% carbohydrates, along with small amounts of protein and minimal fat. Additionally, rice provides essential nutrients such as B vitamins, iron, and magnesium, though the nutrient content varies depending on the type and processing method. White rice, for example, has had its bran and germ removed, leading to lower fiber and nutrient levels compared to brown rice, which retains these components and offers higher fiber content.



Our Product



Wheat

Wheat is a cereal grain that has been a staple food for thousands of years. It is the primary ingredient in many foods, such as bread, pasta, and cereals. Wheat is rich in carbohydrates, providing a significant source of energy. It also contains essential proteins, including gluten, which gives dough its elasticity. In addition, wheat provides dietary fiber, vitamins (like B vitamins), and minerals (such as iron and magnesium). However, individuals with celiac disease or gluten intolerance must avoid wheat to prevent adverse health effects. Overall, wheat plays a crucial role in global nutrition and agriculture.



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NAMKEEN



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Our Product



Bhujia

Bhujia is a popular Indian snack made from gram flour (besan) and a mix of spices. Originating from the region of Gujarat, it's known for its crispy texture and savory flavor. The preparation involves creating a spiced dough, which is then deep-fried in thin strands or shapes. Bhujia comes in various types, including aloo bhujia (with potatoes) and sev (a thinner variant). It's often enjoyed as a standalone snack or as a crunchy topping for dishes like chaats and curries. The combination of spices—like cumin, coriander, and turmeric—gives bhujia its distinct, addictive taste.



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Our Product



Aloo Bhujia

Aloo Bhujia is a popular Indian snack made from grated potatoes, seasoned with spices, and deep-fried until crispy. This savory treat is known for its delightful crunch and spicy flavor, often featuring ingredients like turmeric, cumin, and chili powder. It's a staple in Indian households and is commonly enjoyed as a standalone snack or as a topping for dishes like chaats and salads. The preparation involves mixing grated potatoes with spices, forming the mixture into thin strands, and frying them to perfection. Aloo Bhujia is not only tasty but also addictive, making it a favorite for snacking.



Our Product



Aloo Bhujia

Moong Dal Namkeen is a popular Indian snack made from split green gram (moong dal). This crunchy treat is prepared by roasting or frying the dal until it turns golden brown and crispy. It's often seasoned with a mix of spices such as cumin, black salt, turmeric, and chili powder, along with ingredients like curry leaves, mustard seeds, and a hint of asafetida for added flavor. The result is a savory, mildly spicy, and addictive snack perfect for tea-time or as a party appetizer. Its high protein content and rich flavor make it both nutritious and satisfying.



Our Product



Navratan Mixture

Navratan Mixture is a popular Indian snack that combines a variety of ingredients to create a flavorful and crunchy mix. It typically includes roasted nuts such as peanuts, cashews, and almonds, along with crispy sev (a type of fried noodle made from gram flour), puffed rice, and fried lentils. The mix is seasoned with a blend of spices, including turmeric, chili powder, and cumin, and often garnished with curry leaves and fried green chilies. This combination of ingredients provides a delightful contrast of textures and tastes, making Navratan Mixture a favorite choice for snacking.



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PEANUTS



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Our Product



Peanuts

Peanuts, a popular legume, are rich in nutrients and offer numerous health benefits. High in protein, fiber, and healthy fats, they support heart health, aid in weight management, and provide essential vitamins and minerals like vitamin E, magnesium, and folate. Peanuts are also a good source of antioxidants, which help combat oxidative stress and inflammation. They can be enjoyed in various forms, including as whole nuts, peanut butter, or in cooking. However, they are also a common allergen, so individuals with peanut allergies should avoid them. Overall, peanuts are a nutritious and versatile food with many culinary uses.



2019

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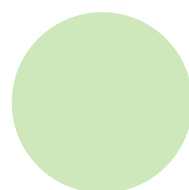
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THANK YOU

