

SR EXIM

At SR EXIM, we specialize in the export of a wide variety of fresh, high-quality vegetables to global markets. We ensure that our produce meets the strictest international quality standards, delivering freshness and superior taste straight from the farms to your doorstep.



Natural
Process



Organic
Products



Biologically
Safe



OUR RANGE

- ✓ **Leafy Greens:** Spinach, Coriander, Fenugreek
- ✓ **Root Vegetables:** Potatoes, Carrots, Onions
- ✓ **Gourds & Squashes:** Bottle gourd, Bitter gourd, Pumpkin
- ✓ **Other Vegetables:** Okra, Brinjal, Capsicum, and more



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About us

At SR EXIM, we specialize in the export of a wide variety of fresh, high-quality vegetables to global markets. We ensure that our produce meets the strictest international quality standards, delivering freshness and superior taste straight from the farms to your doorstep.

Our Range of Vegetables Includes:

- Leafy Greens: Spinach, Coriander, Fenugreek
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Our Products



Red Onion

Green Chilli



Our Products



Red onions, known for their vibrant purple skin and mild flavor, are a nutritious vegetable rich in essential nutrients. They contain high levels of antioxidants, particularly quercetin, which has anti-inflammatory properties. Red onions are a good source of vitamins C, B6, and folate, contributing to immune function, metabolism, and cell health. They also provide dietary fiber, supporting digestive health, and contain small amounts of calcium, potassium, and magnesium. The flavonoids in red onions promote heart health by improving cholesterol levels. Their low-calorie content makes them a healthy addition to salads, sandwiches, and cooked dishes.

Green chillies are a rich source of vitamins, antioxidants, and minerals. They are particularly high in vitamin C, which boosts the immune system, and vitamin A, which is essential for eye health. Green chillies also contain capsaicin, the compound responsible for their heat, which helps in boosting metabolism and can aid in weight loss. Additionally, they are low in calories, making them a healthy addition to meals. Green chillies have anti-inflammatory properties and can improve digestion. Consuming them in moderation may help regulate blood sugar levels and reduce the risk of cardiovascular diseases.



Our Products



Pomegranate

Tomato



Our Products

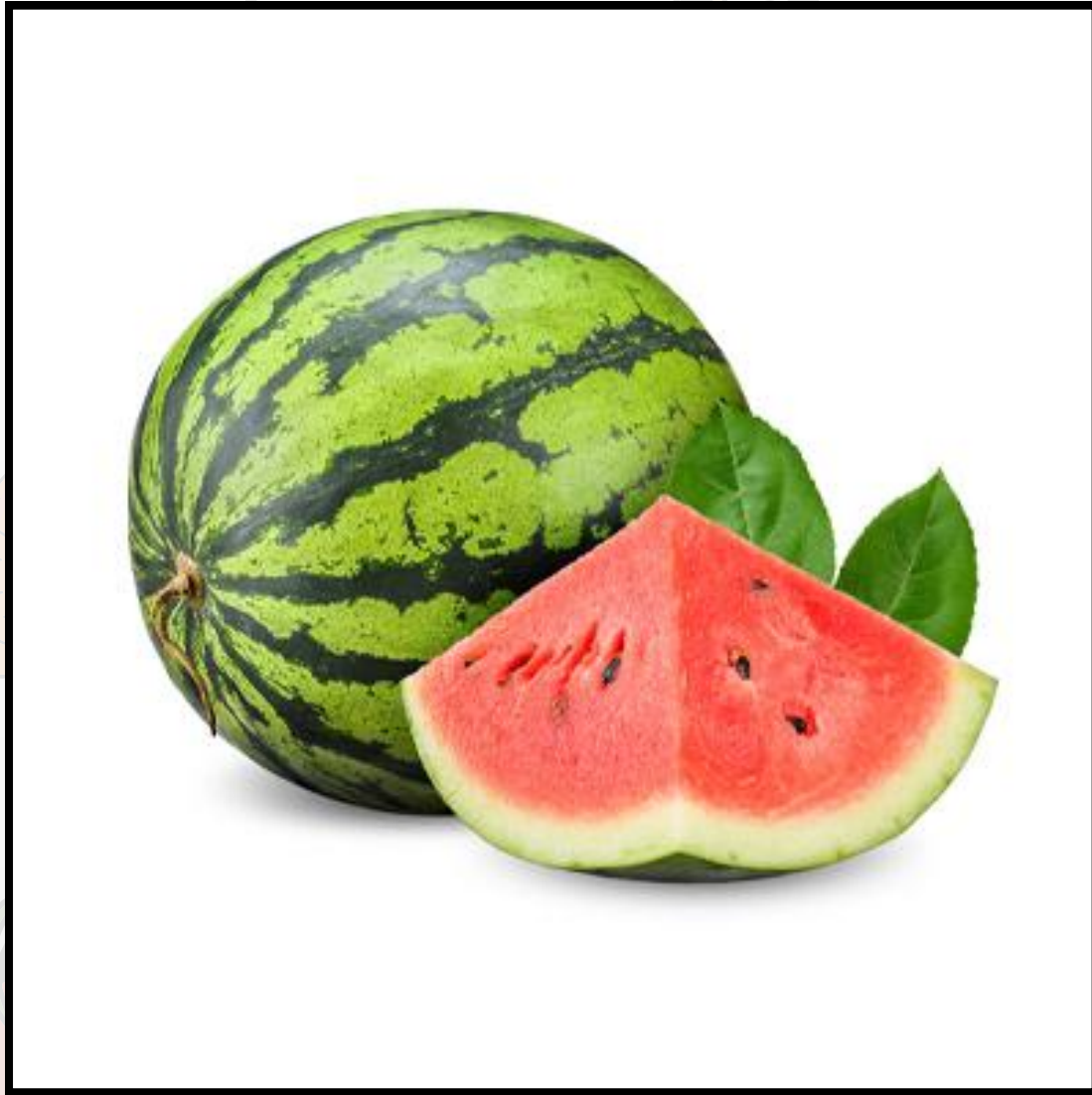


Pomegranates are nutrient-rich fruits known for their vibrant red seeds and juice. They are packed with antioxidants, particularly punicalagins and anthocyanins, which help reduce inflammation and protect against oxidative stress. Pomegranates are a good source of vitamins, especially vitamin C and K, as well as minerals like potassium and folate. They are also high in fiber, contributing to digestive health. Studies suggest that pomegranates may support heart health by improving blood flow and lowering blood pressure. Additionally, they may have anti-cancer properties and help combat arthritis and joint pain due to their anti-inflammatory effects.

Tomatoes are a rich source of nutrients and compounds beneficial to health. They are primarily composed of water (about 95%), making them low in calories. Tomatoes provide essential vitamins such as vitamin C, vitamin K, and folate, along with dietary fiber and antioxidants. A key compound in tomatoes is lycopene, a powerful antioxidant linked to heart health and reduced cancer risk, particularly prostate cancer. They also contain beta-carotene, which the body converts into vitamin A, supporting vision and skin health. Overall, tomatoes are a nutritious, versatile food, contributing to a balanced diet and promoting overall well-being.



Our Products



Watermelon

Muskmelon



Our Products



Watermelon is a refreshing, hydrating fruit packed with essential nutrients. Composed of about 92% water, it helps with hydration, especially in warm weather. Watermelon is low in calories, making it a healthy, guilt-free snack. It contains vitamins A, B6, and C, supporting skin health, immunity, and energy production. Additionally, watermelon is rich in antioxidants like lycopene and beta-carotene, which may reduce inflammation and support heart health. The fruit also contains amino acids like citrulline, which may improve blood flow and exercise performance. With its sweet, juicy taste, watermelon is a perfect summer treat.

Muskmelon, also known as cantaloupe, is a nutrient-rich fruit with a high water content of about 90%, making it a hydrating choice. It is low in calories and contains important vitamins like vitamin C, which boosts immunity and skin health, and vitamin A, supporting eye health. Muskmelon is also a good source of potassium, which helps maintain heart and muscle function. The fruit is packed with antioxidants such as beta-carotene, which fights oxidative stress. Additionally, it contains fiber for digestive health and provides a small amount of folate, contributing to overall well-being. It's a delicious, refreshing summer treat!



Our Products



Grapes

Suran



Our Products



Grapes are nutrient-rich fruits packed with vitamins, minerals, and antioxidants. A typical serving of grapes (about 100 grams) provides roughly 69 calories, 0.2 grams of fat, 18 grams of carbohydrates, and 0.7 grams of protein. They are high in water content (about 81%), making them a hydrating snack. Grapes also contain essential nutrients like vitamin C, vitamin K, and various B vitamins. Additionally, grapes are known for their powerful antioxidants, such as resveratrol, which promote heart health and reduce inflammation. They are a great source of fiber and can be enjoyed fresh, dried (raisins), or juiced.

Suran, also known as elephant yam or *Amorphophallus paeoniifolius*, is a starchy, tuberous root widely used in Asian cuisine. It has a mild, earthy flavor and a slightly fibrous texture when cooked. Suran is rich in dietary fiber, vitamins C and B6, and minerals like potassium and manganese. It is often used in curries, fries, and stews, and is known for its health benefits, including improving digestion, reducing inflammation, and supporting heart health. However, it has a strong odor when raw, which dissipates upon cooking. Suran is considered a versatile and nutritious vegetable in various dishes.



Our Products



**Cavendish
Banana**



Our Products



The Cavendish banana is one of the most widely consumed fruits in the world. Rich in nutrients, a 100-gram serving provides about 89 calories, making it an energy-dense snack. It is a good source of carbohydrates, especially natural sugars like glucose, fructose, and sucrose, which provide quick energy. It also contains dietary fiber, aiding digestion. Cavendish bananas are rich in potassium, essential for heart health and maintaining normal blood pressure. They also offer small amounts of vitamins like vitamin C, vitamin B6, and trace minerals like magnesium. Its soft texture and natural sweetness make it popular in various diets.



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contact us!

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Thank You