



DESERT
WIDE
INDIA

AGRI- CULTURE

CATALOGUE



ABOUT US

DESERT WIDE INDIA BRIDGES INDIA'S RICH MARKETPLACE WITH GLOBAL BUYERS THROUGH SEAMLESS, CUSTOMIZED IMPORT-EXPORT SOLUTIONS. FOUNDED TO SIMPLIFY INTERNATIONAL SOURCING, WE CATER TO BUSINESSES OF ALL SIZES.



WHAT WE OFFER

From our beginnings in tobacco and allied products, we've grown to offer a wide range of state-specific Indian specialties. We provide flexible order quantities, product consolidation, and one-stop sourcing for diverse global needs.



OUR STRENGTHS

- End-to-End Services: From procurement and packaging to logistics and customs.
- Quality & Efficiency: We ensure every product meets global standards.
- Knowledge-Driven Approach: We educate and empower clients to navigate global trade confidently.



WHY CHOOSE US

At Desert Wide India, we don't just trade—we build lasting partnerships. Whether you're a startup or a seasoned importer, our expertise and personalized service make international business smooth, reliable, and rewarding.

WHERE WE COME IN



TRADE YOUR WAY

Whether it's a sample order or a full container, we adapt to your business size. Start small, grow big - we scale with you.



SEAMLESS SOURCING

Connect directly with verified Indian manufacturers. No middlemen, no complexities - just streamlined access to quality products at competitive prices.

HASSLE-FREE TRADING

Skip the paperwork headaches. Our team handles documentation, customs, and logistics, letting you focus on what matters - growing your business.



EXPERT NAVIGATION

New to importing? Our specialists guide you through each step, ensuring smooth transactions and compliance with international trade regulations.

BEYOND BUSINESS

Stay ahead with our trade insights, market updates, and educational resources. We're not just your trade partner - we're your growth catalyst.



COMPANY PROFILE

Our Team



Akinchan Jain

Founder / CEO



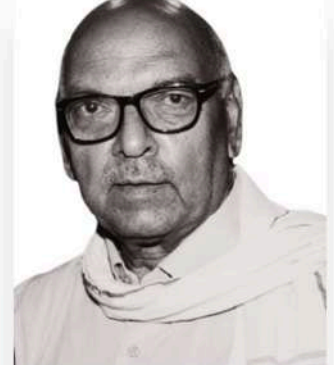
Ishita Jain

Director



Rohit Jain

Investor & Director Advisor



Shri Manikchand Jain

Investor & Guiding Light

AKINCHAN JAIN Founder / CEO

A graduate of Christ University, Akinchan embodies entrepreneurial energy and vision. With a dynamic approach to identifying business opportunities and a relentless curiosity, he spearheads the company's global expansion efforts. His ability to turn challenges into opportunities ensures that Desert Wide India stays ahead in the competitive world of international trade. Akinchan's fresh perspective and innovative thinking set the tone for our forward-thinking approach to business.

ISHITA JAIN Director

A counseling psychologist turned business strategist, Ishita brings a unique combination of emotional intelligence and analytical precision to Desert Wide India. Her exceptional interpersonal skills help strengthen client relationships, making her an invaluable bridge in navigating cultural nuances within international trade. Ishita's logical approach and optimistic outlook foster a sense of trust and partnership with clients, ensuring that Desert Wide India stands out as a reliable and empathetic business partner.

ROHIT JAIN Investor & Director Advisor

With over 30 years of experience as a partner at Subhash Trading Company, Rohit provides invaluable insight and leadership to the company. His expertise in trade, paired with his vision-driven leadership, forms the backbone of Desert Wide India's strategic decisions. As a mentor, Rohit has a unique talent for transforming challenges into growth opportunities, ensuring that the company remains innovative while staying rooted in its core values.

SHRI MANIKCHAND JAIN Investor & Guiding Light

The cornerstone of Desert Wide India's legacy, Shri Manikchand brings over 50 years of business wisdom to the table. As our guiding light, he offers a deep understanding of market dynamics and a visionary approach that shapes our long-term strategy. Known as a living encyclopedia of trade expertise, Shri Manikchand ensures that the company remains true to its values while embracing innovation. His mentorship and foresight have laid a strong foundation for sustainable growth and excellence.

A high-angle, top-down photograph of a person sitting on the floor, sorting through large woven baskets filled with green and red chilies. The person is wearing a light-colored shirt and is reaching into one of the baskets. The scene is dimly lit, with the chilies providing the main source of color. The word "SPICES" is overlaid in large, white, bold, sans-serif capital letters across the center of the image.

SPICES

CUMIN SEEDS



*Cumin seeds come from the *Cuminum cyminum* plant, which is a member of the parsley family. Cumin seeds are small and elongated with a ridged surface. They are usually brown in color. Cumin seeds have a warm, earthy, and slightly peppery flavor with a hint of citrus. They contribute a distinctive aroma and flavor to dishes.*

NUTRITION FACTS

Cumin seed 375
Calories - 100 grams

| NUTRIENT | AMOUNT (G) | DV (%) |
|--------------------|------------|--------|
| Total fat | 22g | 33% |
| cholesterol | 0mg | 0% |
| Sodium | 168mg | 7% |
| Potassium | 1788 mg | 51% |
| Total Carbohydrate | 44g | 14% |
| Protein | 18g | 36% |

USES

Cumin seeds are widely used whole or ground in cooking. They are often toasted or dry-roasted before use to enhance their flavor. Cumin is a key ingredient in curry powders, chili powders, and spice blends like garam masala. It's also used in soups, stews, rice dishes, and as a seasoning for meats and vegetables.

HEALTH BENEFITS OF CUMIN SEED

- Rich antioxidant
- Rich Source of Iron
- Good for skin health
- Support digestive system
- Regulation blood sugar level
- Support weight management

CUMIN POWDER



*Cumin powder, made from the seeds of the *Cuminum cyminum* plant, is a spice widely used in various cuisines around the world. Cumin powder is a fine, brownish-yellow powder with a warm, earthy aroma. The flavor is slightly nutty and spicy, with a hint of citrus. Cumin is native to the Eastern Mediterranean and South Asia but is now cultivated in many countries, including India, Iran, and Egypt.*

NUTRITION FACTS

Cumin powder

| NUTRIENT | AMOUNT (G) | DV (%) |
|--------------------|------------|--------|
| Total fat | 22g | 33% |
| cholesterol | 0mg | 0% |
| Sodium | 168mg | 7% |
| Potassium | 1788 mg | 51% |
| Total Carbohydrate | 44g | 14% |
| Protein | 18g | 36% |

USES

Cumin powder is a staple in many cuisines, particularly in Indian, Middle Eastern, and Mexican dishes. It's used in spice blends like garam masala and chili powder and in recipes such as curries, stews, soups, and marinades. Sometimes added to bread and pastry recipes for flavor. Incorporated into certain drinks, including traditional herbal teas and spice-infused beverages.

HEALTH BENEFITS OF CUMIN POWDER

- Digestive Health
- Antioxidant Properties
- Anti-Inflammatory Effects
- Weight Management
- Immune Support
- Blood Sugar Control

CORIANDER SEEDS



*Coriander seeds are the dried seeds of the coriander plant (*Coriandrum sativum*), which is a member of the parsley family. They are tiny, round, and light brown in colour, with vertical ridges along their surface. Coriander seeds have a warm, citrusy flavors with a hint of sweetness and a slightly spicy undertone.*

USES

NUTRITION FACTS

Coriander seeds (*Coriandersativum*)
Nutritional value/100g

| PRINCIPAL | NUTRIENT VALUE | PERCENT OF RDA |
|---------------|----------------|----------------|
| Total fat | 17.77g | 60% |
| cholesterol | 0mg | 0% |
| Energy | 298 Kcal | 15% |
| Dietary Fiber | 41.9g | 110% |
| Carbohydrate | 54.99g | 42% |
| Protein | 12.37g | 22% |

Culinary uses, coriander seeds also have medicinal properties and are believed to aid digestion, relieve stomach discomfort, and have antioxidant properties. They are often used whole in pickling, brining, and seasoning blends, but can also be ground into a powder for use in spice rubs, marinades, and sauces. Overall, coriander seeds add a unique flavor profile to dishes, combining citrusy brightness with earthy warmth.

HEALTH BENEFITS OF CORIANDER SEEDS

- Boosts immunity
- Improves heart health
- Lowers blood sugar levels
- Protects brain health
- Promotes digestion and gut health
- Improves Kidney functioning

CORIANDER POWDER

Coriander (Coriandrum sativum) is an herb native to Europe, Asia, and North Africa. The seeds are harvested from the coriander plant, which also produces fresh leaves known as cilantro. Coriander powder is a fine, light brown powder with a warm, earthy aroma. The flavor is citrusy, slightly sweet, and has a hint of spice. The flavor of coriander powder is often described as warm, nutty, and slightly sweet, making it a popular ingredient in both savory and sweet dishes.

NUTRITION FACTS

Coriander Powder

| PRINCIPLE | NUTRIENT VALUE | PERCENT OF RDA |
|---------------|----------------|----------------|
| Energy | 298 Kcal | 15% |
| Carbohydrate | 54.99 g | 42% |
| Protein | 12.37 g | 22% |
| Total fat | 17.77 g | 60% |
| Cholesterol | 0 mg | 0% |
| Dietary Fiber | 41.9 g | 110% |

USES

Coriander powder is widely used in various cuisines, including Indian, Middle Eastern, and Latin American. It's a key ingredient in spice blends like garam masala, curry powder, and taco seasoning. It can be added to soups, stews, curries, sauces, marinades, and roasted vegetables to enhance flavor. In baking, coriander powder can be used in cookies, bread, and cakes for a warm, aromatic flavor.

HEALTH BENEFITS OF CORIANDER POWDER

- Rich in Antioxidants
- Digestive Health
- Anti-Inflammatory Properties
- Blood Sugar Control
- Antimicrobial Effects
- Heart Health

BLACK PEPPER



Black pepper is a flowering vine cultivated for its fruit, known as peppercorn, which is dried and used as a spice and seasoning. The fruit of the plant is small, round, and initially green but turns red when ripe. When dried, these fruits become black peppercorns. The spice is known for its sharp, pungent flavor and aroma due to the compound piperine, which is its key bioactive ingredient.

NUTRITION FACTS

Black Pepper

| PRINCIPLE | NUTRIENT VALUE | PERCENT OF RDA |
|---------------|----------------|----------------|
| Energy | 255 Kcal | 13% |
| Carbohydrate | 64.81 g | 49% |
| Protein | 10.95 g | 19.5% |
| Total fat | 3.26 g | 11% |
| Cholesterol | 0 mg | 0% |
| Dietary Fiber | 26.5 g | 69% |

USES

Black pepper is one of the most widely used spices globally, added to dishes to enhance flavor. It's often used in meat marinades for both flavor and tenderizing properties. It is a key component in many spice mixes such as garam masala, Cajun seasoning, and barbecue rubs. In some cuisines, black pepper is used as a preservative in pickling.

HEALTH BENEFITS OF BLACK PEPPER

- Rich in Antioxidants
- Anti-Inflammatory Properties
- Supports Digestion Enhances
- Nutrient Absorption
- May Improve Brain Function
- Potential Anticancer Properties

BLACK PEPPER POWDER



*Black pepper powder, made from the dried and ground fruit of the *Piper nigrum* plant, is one of the most commonly used spices worldwide. Black pepper powder is finely ground and has a dark brown to black color. It has a strong, pungent aroma and a sharp, spicy flavor. The primary active compound in black pepper is piperine, which is responsible for its characteristic heat and numerous health benefits.*

NUTRITION FACTS

Black Pepper Powder

| PRINCIPLE | NUTRIENT VALUE | PERCENT OF RDA |
|---------------|----------------|----------------|
| Energy | 255 Kcal | 13% |
| Carbohydrate | 64.81 g | 49% |
| Protein | 10.95 g | 19.5% |
| Total fat | 3.26 g | 11% |
| Cholesterol | 0 mg | 0% |
| Dietary Fiber | 26.5 g | 69% |

USES

Commonly used to season a variety of dishes, including meats, vegetables, soups, and sauces. Traditionally used in curing meats due to its antibacterial properties. Integral to various cuisines, especially Indian, Asian, and European dishes. Often included in herbal remedies for digestive issues.

HEALTH BENEFITS OF BLACK PEPPER POWDER

- Digestive Aid
- Antioxidant Properties
- Anti-Inflammatory Effects
- Weight Management
- Respiratory Health Improved
- Nutrient Absorption

CARDAMOM



Cardamom is a spice made from the seeds of several plants belonging to the ginger family (Zingiberaceae). The two most common types are green cardamom (Elettaria cardamomum) and black cardamom (Amomum subulatum). Green cardamom, often referred to as the "true cardamom," is widely used for its fragrant, sweet-spicy flavor, while black cardamom has a more smoky and bold taste.

NUTRITION FACTS

Cardamom

| PRINCIPLE | NUTRIENT VALUE | PERCENT OF RDA |
|---------------|----------------|----------------|
| Energy | 311 Kcal | 15.5% |
| Carbohydrate | 68.47 g | 52.5% |
| Protein | 10.76 g | 19% |
| Total fat | 6.7 g | 23% |
| Cholesterol | 0 mg | 0% |
| Dietary Fiber | 28 g | 70% |

USES

Cardamom is a key ingredient in many Indian, Middle Eastern, and Scandinavian dishes, adding depth to curries, rice dishes (like biryani), and stews. Its warm and sweet flavor is perfect for desserts, cakes, pastries, and flavored teas like chai. Cardamom is often used in spiced teas and coffee (notably in Arabic and Turkish coffee).

HEALTH BENEFITS OF CARDAMOM

- Improves Digestion
- Antioxidant-Rich
- Supports Respiratory Health
- Anti-Inflammatory Properties
- Improves Oral Health
- Regulates Blood Pressure

CARDAMOM POWDER



Cardamom powder, derived from the seeds of the cardamom plant (genus Elettaria), is a highly aromatic spice known for its unique flavor and numerous health benefits. Cardamom powder is a fine, light brown to greenish-brown powder with a strong, sweet, and spicy aroma. It has a warm, slightly sweet flavor with hints of citrus and herbal notes, making it popular in both sweet and savory dishes.

NUTRITION FACTS

Cardamon Powder

| PRINCIPLE | NUTRIENT VALUE | PERCENT OF RDA |
|---------------|----------------|----------------|
| Energy | 311 Kcal | 15.5% |
| Carbohydrate | 68.47 g | 52.5% |
| Protein | 10.76 g | 19% |
| Total fat | 6.7 g | 23% |
| Cholesterol | 0 mg | 0% |
| Dietary Fiber | 28 g | 70% |

USES

Often used in baking recipes such as cakes, cookies, and pastries, particularly in Indian and Middle Eastern cuisines. A key ingredient in garam masala and curry powders. Used in chai tea, coffee, and smoothies for added flavor. Added to rice dishes, stews, and marinades for meats and vegetables.

HEALTH BENEFITS OF CARDAMOM POWDER

- Improves Digestion
- Antioxidant-Rich
- Supports Respiratory Health
- Anti-Inflammatory Properties
- Improves Oral Health
- Regulates Blood Pressure

RED CHILLY DRY



Dry red chilies are mature chili peppers that have been dried to preserve their flavor, heat, and nutritional value. The most common varieties used for drying include cayenne, bird's eye, and Kashmiri chilies. These chilies are typically red in color due to the presence of natural pigments like capsaanthin and beta-carotene. They range in size, shape, and heat level, with some being mild and others extremely hot.

NUTRITION FACTS

Red Chilly Dry

| PRINCIPLE | NUTRIENT VALUE | PERCENT OF RDA |
|---------------|----------------|----------------|
| Energy | 40 Kcal | 2% |
| Carbohydrate | 8.81 g | 7% |
| Protein | 1.87 g | 3% |
| Total fat | 0.44 g | 2% |
| Cholesterol | 0 mg | 0% |
| Dietary Fiber | 1.5 g | 3% |

USES

Dry red chilies are widely used in cooking to add heat and flavor. They are often ground into chili powder or used whole in dishes like curries, stews, soups, and sauces. In Indian and Southeast Asian cooking, whole dry red chilies are often fried in oil or ghee along with spices to create a flavorful base (tadka) for dishes. Dry chilies are used to make spicy pickles and chutneys.

HEALTH BENEFITS OF RED DRY CHILLY

- Rich in Antioxidants
- Boosts Metabolism
- Improves Digestion
- Anti-Inflammatory
- Effects Heart Health
- Rich in Vitamins and Minerals

RED CHILLY POWDER

Red chilli powder is a spice made from grinding dried red chilli peppers, which belong to the Capsicum family. The powder varies in heat and flavor depending on the type of chilli used. It can range from mildly spicy to extremely hot, and it often adds both heat and vibrant red color to dishes. The primary active component in chilli peppers that gives them their spiciness is capsaicin.

NUTRITION FACTS

Red Chilly Powder

| PRINCIPLE | NUTRIENT VALUE | PERCENT OF RDA |
|---------------|----------------|----------------|
| Energy | 40 Kcal | 2% |
| Carbohydrate | 8.81 g | 7% |
| Protein | 1.87 g | 3% |
| Total fat | 0.44 g | 2% |
| Cholesterol | 0 mg | 0% |
| Dietary Fiber | 1.5 g | 3% |

USES

Red chilli powder is used extensively in many cuisines, especially in Indian, Mexican, Thai, and Southeast Asian cooking. It adds spiciness and depth to soups, stews, curries, stir-fries, and sauces. It is a key ingredient in spice blends like garam masala, taco seasoning, and curry powders. Red chilli powder is commonly used in pickling and to spice up chutneys, dips, and sauces.

HEALTH BENEFITS OF RED CHILLY POWDER

- Boosts Metabolism
- Pain Relief
- Promotes Heart Health
- Anti-Inflammatory Properties
- Supports Weight Loss
- May Help Fight Cancer

KASHAMIRI RED CHILLY POWDER

Kashmiri Red Chilly Powder is a popular spice made from dried and ground Kashmiri red chilies, which are known for their vibrant red color, mild heat, and distinct flavor. Unlike other chili powders, Kashmiri chili powder provides more color than heat, making it an excellent choice for dishes where color and a mild spice level are desired.

NUTRITION FACTS

Kashmiri Red Chilly Powder

| PRINCIPLE | NUTRIENT VALUE | PERCENT OF RDA |
|---------------|----------------|----------------|
| Energy | 40 Kcal | 2% |
| Carbohydrate | 8.81 g | 7% |
| Protein | 1.87 g | 3% |
| Total fat | 0.44g | 2% |
| Cholesterol | 0 mg | 0% |
| Dietary Fiber | 1.5 g | 3% |

USES

It is commonly used in Indian cuisine, especially in curries, tandoori dishes, and biryanis for its ability to impart a rich red color without adding too much heat. Ideal for marinating meats and vegetables, especially for dishes like tandoori chicken, as it provides a vibrant color and a gentle flavor.

HEALTH BENEFITS OF KASHAMIRI RED CHILLY POWDER

- Anti-Inflammatory Properties
- Rich in Antioxidants
- Heart Health
- Weight Management
- Improved Digestion
- May Improve Brain Health

ROUND MUNDUD RED CHILLY



Round Mundu Red Chilly is a unique variety of chili known for its small, round shape and intense red color. It is native to southern India, particularly Tamil Nadu and Kerala, and is also referred to as Mundu Molaga or Gundu Molaga in local languages. Mundu chilies are dried and used primarily for their flavor and heat, making them a staple ingredient in various South Indian dishes.

NUTRITION FACTS

Round Mundud Red Chilly

| PRINCIPLE | NUTRIENT VALUE | PERCENT OF RDA |
|---------------|----------------|----------------|
| Energy | 40 Kcal | 2% |
| Carbohydrate | 8.81 g | 7% |
| Protein | 1.87 g | 3% |
| Total fat | 0.44g | 2% |
| Cholesterol | 0 mg | 0% |
| Dietary Fiber | 1.5 g | 3% |

USES

Widely used in South Indian cooking to add heat and flavor to various dishes like curries, stir-fries, chutneys, sambar, rasam, and pickles. It can be used whole or ground into chili powder. Often tempered with mustard seeds and curry leaves in hot oil for tadka, enhancing the flavor of dals and other dishes.

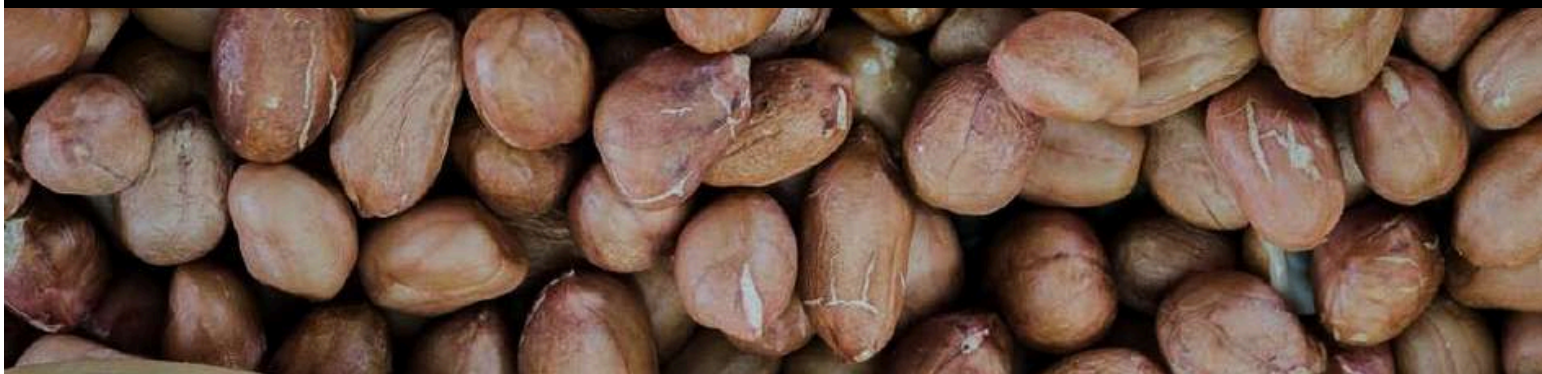
HEALTH BENEFITS OF ROUND MUNDUD RED CHILLY

- Antioxidant Properties
- Weight Management
- Heart Health
- Pain Relief
- Antimicrobial Effects
- Rich in vitamins

DRY FRUITS & NUTS



GROUND NUTS (PEANUT)



*Groundnuts, commonly known as peanuts (*Arachis hypogaea*), are legumes native to South America but are now grown worldwide. Despite being classified as legumes, peanuts are often treated as nuts due to their nutritional composition and culinary uses. Peanuts grow underground, encased in a hard, brown shell, with the seeds (the edible part) covered by a thin reddish-brown skin.*

NUTRITION FACTS

Ground Nuts (Peanut)

| PRINCIPLE | NUTRIENT VALUE | PERCENT OF RDA |
|---------------|----------------|----------------|
| Energy | 567 Kcal | 29% |
| Carbohydrate | 16.13 g | 12% |
| Protein | 25.80 g | 46% |
| Total fat | 49.24 g | 165% |
| Cholesterol | 0 mg | 0% |
| Dietary Fiber | 8.5 g | 22% |

USES

Peanuts can be eaten raw, roasted, boiled, or fried as a snack. A popular spread made by grinding roasted peanuts. Peanut oil is commonly used for frying and cooking due to its high smoke point. Made from crushed peanuts, it's used in baking or as a thickening agent. Peanuts are used in both savory and sweet dishes globally, such as in stir-fries, sauces (e.g., peanut sauce), desserts, and salads.

HEALTH BENEFITS OF GROUND NUTS (PEANUT)

- Rich Source of Protein
- Heart Health
- High in Antioxidants
- Promotes Weight Management
- Blood Sugar Regulation
- Rich in Essential Vitamins and Minerals

CASHEW NUTS



*Cashew nuts, commonly known as "kaju" in many parts of Asia, are kidney-shaped seeds that are harvested from the cashew tree (*Anacardium occidentale*). Native to Brazil, cashews are now cultivated in many tropical regions like India, Vietnam, and Africa. The nuts are housed in a cashew apple, a fleshy fruit from which they are detached after being sun-dried and processed to remove the toxic outer shell.*

NUTRITION FACTS

Cashew Nuts

| PRINCIPLE | NUTRIENT VALUE | PERCENT OF RDA |
|---------------|----------------|----------------|
| Energy | 553 Kcal | 28% |
| Carbohydrate | 30.19 g | 23% |
| Protein | 18.22 g | 32.5% |
| Total fat | 43.85 g | 146% |
| Cholesterol | 0 mg | 0% |
| Dietary Fiber | 3.3 g | 8.5% |

USES

Cashews are commonly consumed as a standalone snack, either raw or roasted and salted. Ground into pastes for curries, added to stir-fries, and used in baking cookies and desserts. Cashews are often used to make non-dairy milk, cream, or cheese substitutes, especially for vegan diets.

HEALTH BENEFITS OF CASHEW NUTS

- Rich in Nutrients
- Heart Health
- Bone Health
- Supports Brain Function
- Blood Sugar Regulation
- Promotes Healthy Skin and Hair

TYPES OF CASHEW NUTS

W320 CASHEW



| PRINCIPLE | NUTRIENT VALUE | PERCENT OF RDA |
|---------------|----------------|----------------|
| Calaries | 155-165 Kcal | - |
| Carbohydrate | 9.2 g | 3% |
| Protein | 5.1 g | 10% |
| Total fat | 12-13 g | 18% |
| Cholesterol | 0 mg | 0% |
| Dietary Fiber | 0.9 g | 4% |

TYPES OF CASHEW NUTS

W180 CASHEW



| PRINCIPLE | NUTRIENT VALUE | PERCENT OF RDA |
|---------------|----------------|----------------|
| Calaries | 155-165 Kcal | - |
| Carbohydrate | 9.2 g | 3% |
| Protein | 5.1 g | 10% |
| Total fat | 12-13 g | 18% |
| Cholesterol | 0 mg | 0% |
| Dietary Fiber | 0.9 g | 4% |

RAISINS



Raisins are typically small, dark, and wrinkled, although they can also be golden or green, depending on the type of grape used. They vary in size from small (like currants) to larger varieties. Common types of raisins include Thompson Seedless (green), Sultana (golden), and Black Corinth (black currants). Each variety has a slightly different flavor and sweetness level.

NUTRITION FACTS

Raisins

| PRINCIPLE | NUTRIENT VALUE | PERCENT OF RDA |
|---------------|----------------|----------------|
| Energy | 85 | - |
| Carbohydrate | 22 g | 8% |
| Protein | 1 g | 2% |
| Total fat | 0.1 g | 0% |
| Cholesterol | 0 mg | 0% |
| Dietary Fiber | 1 g | 4% |

USES

Raisins are often eaten as a healthy snack on their own or mixed with nuts and seeds. They are commonly added to baked goods like cookies, bread, and muffins. Raisins can be incorporated into savory dishes, such as curries, rice pilafs, or salads, to add a sweet contrast. A popular component in trail mix, providing natural sweetness and energy.

HEALTH BENEFITS OF RAISINS

- Nutrient-Rich
- Digestive Health
- Antioxidant Properties
- Heart Health
- Bone Health
- Natural Energy Boost

TYPES OF RAISINS



LONG RAISINS



| PRINCIPLE | NUTRIENT VALUE | PERCENT OF RDA |
|---------------|----------------|----------------|
| Calaries | 299 Kcal | - |
| Carbohydrate | 79 g | 29% |
| Protein | 3.1 g | 6% |
| Total fat | 0.5 g | 0.6% |
| Cholesterol | 0 mg | 0% |
| Dietary Fiber | 3.7 g | 14% |

CEREAL, PULSES & RICE

ALL RICE BASMATI



Basmati rice is a long-grain rice variety, known for its slender, aromatic, and slightly nutty-flavored grains. It originates from the Indian subcontinent, particularly in India and Pakistan. The name "Basmati" comes from the Sanskrit word "Vasmati," meaning "fragrant" or "full of aroma." The grains of Basmati rice are long and become even longer during cooking, remaining non-sticky and fluffy.

NUTRITION FACTS

All Basmati Rice

| PRINCIPLE | NUTRIENT VALUE | PERCENT OF RDA |
|---------------|----------------|----------------|
| Energy | 148 kcal | 10% |
| Carbohydrate | 28.7 g | 10% |
| Protein | 2.36 g | 5% |
| Total fat | 0.19 g | 0% |
| Cholesterol | 0 mg | 0% |
| Dietary Fiber | 0.7 g | 4% |

USES

Basmati rice is a staple for making dishes like Biryani, Pulao, and fried rice. Its unique fragrance and light, fluffy texture make it ideal for these flavorful meals. It pairs excellently with curries, grilled meats, stir-fries, and vegetables. Cold rice salads often feature Basmati due to its firm texture and distinct taste.

HEALTH BENEFITS OF ALL BASMATI RICE

- Low Glycemic Index (GI)
- Rich in Fiber (Brown Basmati)
- Low in Fat
- Gluten-free
- Rich in Essential Nutrients
- Easily Digestible

NON BASMATI



Non-basmati rice refers to any variety of rice that doesn't fall under the basmati category. While basmati rice is characterized by its long, slender grains and fragrant aroma, non-basmati rice varieties come in different sizes and shapes. These can range from short, medium, to long grains, and they lack the distinct fragrance of basmati rice. Non-basmati rice is commonly consumed in regions across the world.

NUTRITION FACTS

Non Basmati

| PRINCIPLE | NUTRIENT VALUE | PERCENT OF RDA |
|---------------|----------------|----------------|
| Energy | 148 kcal | 10% |
| Carbohydrate | 28.7 g | 10% |
| Protein | 2.36 g | 5% |
| Total fat | 0.19 g | 0% |
| Cholesterol | 0 mg | 0% |
| Dietary Fiber | 0.7 g | 4% |

USES

A common side dish to accompany curries, stir fries, or grilled meats. Often made from non-basmati varieties, particularly in Asia. In South Indian cuisine, non-basmati rice is used to prepare fermented batter for dosas and idlies. Non-basmati rice works well for fried rice dishes due to its slightly sticky texture. Non-basmati rice is milled into flour to various gluten free products

HEALTH BENEFITS OF NON BASMATI

- Source of Energy
- Gluten-Free
- Low in Fat
- Digestive Health
- Rich in Essential Nutrients
- Blood Sugar Regulation

SONA MASOORI RICE



Sona Masoori is a lightweight, aromatic, medium-grain rice variety widely cultivated in the southern regions of India. Known for its soft texture and delicate fragrance, it is a staple in South Indian households. Its low starch content makes it a healthier choice, suitable for daily meals and light preparations.

HEALTH BENEFITS OF SONA MASOORI RICE

- Low starch content, making it light and healthy
- Easily digestible and ideal for daily consumption
- Provides a good source of energy and essential carbohydrates
- Naturally gluten-free and suitable for balanced diets

PACKING & SHIPMENT:

- Bulk packing available on request
- Shelf Life: 12-24 months depending on storage conditions

- **Hindi Name:** सोना मसूरी चावल
- **Botanical Name:** Oryza Sativa
- **Family Name:** Poaceae

KEY FEATURES

- Medium grain, lightweight rice
- Naturally aromatic and soft in texture
- Low starch content - easy to digest
- Preferred for daily cooking and traditional South Indian dishes

APPLICATIONS:

- Everyday steamed rice
- Traditional dishes: Pongal, Lemon Rice, Curd Rice
- Used in making Idli and Dosa batter
- Popular in South Indian and Sri Lankan cuisines

1121 SELLA BASMATI RICE



1121 Sella Basmati Rice is renowned for its extra-long grains, golden hue, and rich aroma. The parboiling process enhances its nutritional value while preserving its signature non-sticky texture after cooking. Its firm grain structure and ability to absorb flavors make it one of the most preferred varieties for global cuisines.

- **Hindi Name:** 1121 सेला बासमती चावल
- **Botanical Name:** Oryza Sativa
- **Family Name:** Poaceae

HEALTH BENEFITS OF 1121 SELLA BASMATI RICE

- Parboiling retains more vitamins and minerals, enhancing nutrition
- Low in fat and cholesterol, promoting heart health
- Rich in complex carbohydrates for sustained energy
- Naturally gluten-free and easy to digest

PACKING & SHIPMENT:

- Bulk packing options available on request
- Shelf Life: 24 months under proper storage conditions

APPLICATIONS:

- Ideal for Biryani, Pulao, and Zafrani rice dishes
- Widely used in Middle Eastern, Indian, and International cuisines
- Perfect for hotels, restaurants, and catering services
- Excellent for family meals and festive occasions

KEY FEATURES

- Extra-long grain size
- Distinct golden color due to parboiling
- Aromatic fragrance and rich taste
- Non-sticky, fluffy texture after cooking
- Excellent flavor absorption

1121 STEAM BASMATI RICE



1121 Steam Basmati Rice is a premium variety of basmati rice, renowned for its extra-long slender grains, distinct aromatic fragrance, and fluffy texture when cooked. The steaming process enhances its texture and non-sticky quality, making it an international favorite. With its elegant appearance and rich taste, this rice is highly valued in both Indian households and global cuisines.

- **Hindi Name:** 1121 टम बासमती चावल
- **Botanical Name:** Oryza Sativa
- **Family Name:** Poaceae

HEALTH BENEFITS OF 1121 STEAM BASMATI RICE

- Naturally gluten-free and easily digestible
- Rich in carbohydrates, providing sustained energy
- Low in fat and cholesterol, supporting heart health
- Contains essential vitamins and minerals for balanced nutrition

PACKING & SHIPMENT:

- Bulk packing options available on request
- Shelf Life: 24 months under proper storage conditions

APPLICATIONS:

- Traditional Indian dishes like Biryani, Pulao, and Jeera Rice
- Global cuisines (Middle Eastern, Persian, Mediterranean rice dishes)
- Widely used in hotels, catering, and large-scale banquets
- Ideal for home cooking due to its aroma and texture

KEY FEATURES

- Extra-long grain length
- Aromatic fragrance
- Fluffy, non-sticky texture after cooking
- Enhanced durability and texture due to steaming

GREEN MILLET (BAJRA)



Green Millet, commonly known as Bajra, is a nutrient-dense ancient grain highly valued for its fiber, protein, and mineral content. With a slightly nutty flavor, it is a staple in Indian and African cuisines and is gaining global recognition as a superfood. Naturally gluten-free, Bajra is suitable for healthy diets and is also widely used in animal feed due to its rich nutritional value.

- **Hindi Name:** बाजरा (हरा बाजरा)
- **Botanical Name:** Pennisetum Glaucum
- **Family Name:** Poaceae

APPLICATIONS:

- Used in traditional flatbreads (Bajra Roti)
- Preparation of porridge, khichdi, and upma
- Ingredient for fermented beverages
- Processed into flours for multigrain products
- Widely used in animal feed

HEALTH BENEFITS OF GREEN MILLET (BAJRA)

- High in fiber, supporting digestive health
- Rich in iron, magnesium, and calcium
- Supports diabetes management by regulating blood sugar
- Gluten-free, ideal for celiac and gluten-sensitive diets
- Boosts energy and stamina

PACKING & SHIPMENT:

- Bulk export packing on request
- Shelf Life: 12 months under cool, dry storage

KEY FEATURES

- Nutrient-rich, high in fiber and protein
- Naturally gluten-free grain
- Slightly nutty taste
- Staple in traditional and modern diets

WHITE CHICKPEA (KABULI CHANA)



White Chickpea, also known as Kabuli Chana, is a protein-rich legume with a mild, nutty flavor and creamy texture when cooked. A staple in Indian, Mediterranean, and Middle Eastern cuisines, it is widely recognized for its versatility and nutritional benefits.

- **Hindi Name:** सफेद चना / काबुली चना
- **Botanical Name:** Cicer Arietinum
- **Family Name:** Fabaceae

HEALTH BENEFITS OF WHITE CHICKPEA (KABULI CHANA)

- Excellent source of plant-based protein
- High in dietary fiber, aiding digestion
- Contains essential vitamins and minerals (iron, folate, magnesium)
- Helps in weight management and supports heart health
- Great for vegetarian and vegan diets

PACKING & SHIPMENT:

- Shelf Life: 12 months under dry, cool storage

APPLICATIONS:

- Indian dishes like Chole, Curries, and Snacks
- Mediterranean cuisines (Hummus, Falafel, Salads)
- Soups, stews, and grain bowls
- Processed into flours and protein powders

KEY FEATURES

- Mild, nutty taste with creamy texture
- Protein-rich and high in fiber
- Popular in global cuisines
- Ideal for vegetarian and vegan diets



HERBAL & OTHERS

TURMERIC FINGER



*Turmeric finger refers to the dried root of the turmeric plant, *Curcuma longa*. It is a rhizome, meaning it's an underground stem, and is recognized for its bright yellow-orange color and earthy, bitter flavor. After harvesting, turmeric is boiled, dried, and sold in its whole form as turmeric fingers or ground into turmeric powder. It is native to Southeast Asia and is commonly used in Indian, Southeast Asian, and Middle Eastern cooking.*

NUTRITION FACTS

Turmeric Finger

| PRINCIPLE | NUTRIENT VALUE | PERCENT OF RDA |
|---------------|----------------|----------------|
| Energy | 567 Kcal | 29% |
| Carbohydrate | 16.13 g | 12% |
| Protein | 25.80 g | 46% |
| Total fat | 49.24 g | 165% |
| Cholesterol | 0 mg | 0% |
| Dietary Fiber | 8.5 g | 22% |

USES

Turmeric is widely used in curries, soups, rice dishes, and marinades. It imparts a golden-yellow hue and slightly bitter, earthy taste to food. Turmeric tea, sometimes combined with ingredients like ginger, honey, or lemon, is a popular drink for its health benefits. In some cultures, turmeric is used in pickling or as a base for mustard sauces and other condiments.

HEALTH BENEFITS OF TURMERIC FINGER

- Anti-Inflammatory Properties
- Rich in Antioxidants
- Boosts Immunity
- Aids Digestion
- Supports Joint Health
- May Improve Brain Health

TURMERIC BUBBLE



Turmeric bubble is likely a drink or beverage featuring turmeric in a bubble tea format. Bubble tea, also known as "boba tea," typically consists of tea mixed with milk or other flavorings, with tapioca pearls (bubbles) at the bottom. In this case, turmeric, a yellow spice with potent health benefits, is used as the flavor or main ingredient, giving it a distinct color and earthy, spicy flavor.

NUTRITION FACTS

Turmeric Bubble

| PRINCIPLE | NUTRIENT VALUE | PERCENT OF RDA |
|---------------|----------------|----------------|
| Energy | 354 Kcal | 17% |
| Carbohydrate | 64.9 g | 50% |
| Protein | 7.83 g | 14% |
| Total fat | 9.88 g | 33% |
| Cholesterol | 0 mg | 0% |
| Dietary Fiber | 21 g | 52.5% |

USES

Turmeric bubble tea can be consumed as a nutritious and delicious alternative to regular teas or beverages. Often consumed as a warm or cold drink to boost immunity, thanks to turmeric's immune-strengthening properties. The tapioca pearls make it a filling and enjoyable snack in between meals.

HEALTH BENEFITS OF TURMERIC BUBBLE

- Anti-Inflammatory Properties
- Rich in Antioxidants
- Boosts Immunity
- Aids Digestion
- Supports Joint Health
- May Improve Brain Health

MORINGA POWDER



Moringa powder is derived from the dried leaves of the Moringa oleifera tree, a fast-growing, drought-resistant tree native to the Indian subcontinent but now cultivated in many tropical and subtropical regions. The leaves of the moringa tree are rich in nutrients, making the powder a superfood. It is fine, greenish, and has a slightly earthy, bitter taste, similar to spinach or matcha.

NUTRITION FACTS

Moringa Powder

| PRINCIPLE | NUTRIENT VALUE | PERCENT OF RDA |
|---------------|----------------|----------------|
| Energy | 376 Kcal | 19% |
| Carbohydrate | 38.2g | 13% |
| Protein | 27.1g | 54% |
| Total fat | 2.3g | 3% |
| Cholesterol | 0 mg | 0% |
| Dietary Fiber | 19g | 77% |

USES

Moringa Powder is commonly used as a supplement in smoothies, shakes, teas, or even sprinkled over food like salads or soups. It is often taken to boost nutrient intake. It can be added to homemade facial masks or hair treatments due to its high antioxidant and moisturizing properties. It is available as a supplement in capsule or tablet form, often taken for its health benefits.

HEALTH BENEFITS OF MORINGA POWDER

- Rich in Antioxidants
- Powerful Antioxidants
- Anti-Inflammatory Properties
- Improves Digestion
- Supports Immune Function
- Helps Lower Blood Sugar Levels

AMLA POWDER



Amla powder, derived from the Indian gooseberry (Phyllanthus emblica), is a nutrient-rich powder widely used in traditional Ayurvedic medicine and cuisine. Amla powder is made from the dried and ground fruits of the amla tree. The amla fruit is small, green, and sour, and it has a high vitamin C content. The powder has a slightly bitter and tangy taste and can be used in various forms, including capsules, tablets, and as a powder.

NUTRITION FACTS

Amla Powder

| PRINCIPLE | NUTRIENT VALUE | PERCENT OF RDA |
|---------------|----------------|----------------|
| Energy | 47 kcal | 2% |
| Carbohydrate | 24 g | 8% |
| Protein | 2.9 g | 6% |
| Total fat | 0.6 g | 1% |
| Cholesterol | 0 mg | 0% |
| Dietary Fiber | 19 g | 76% |

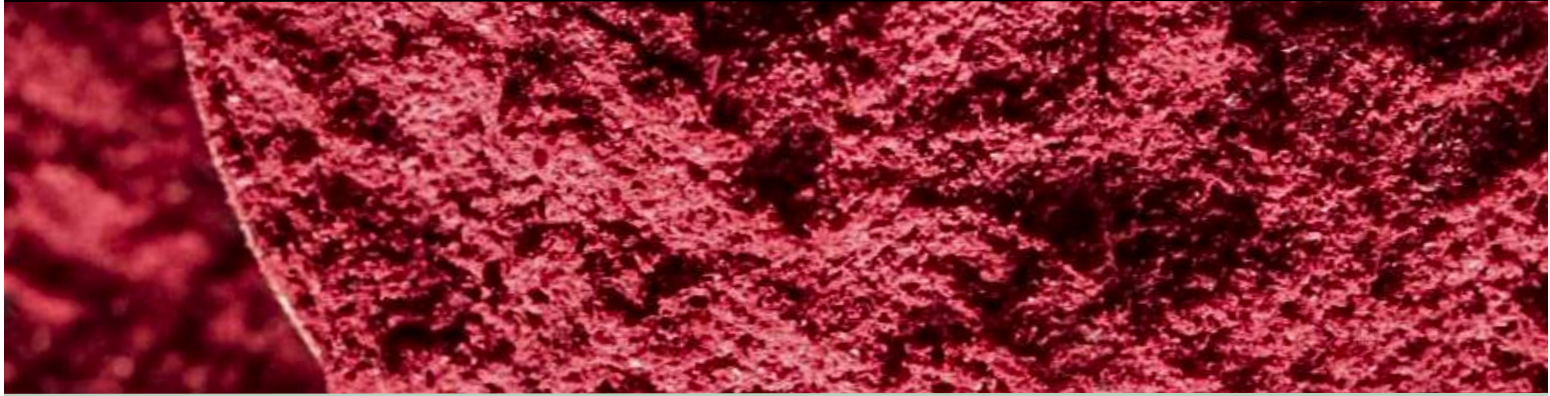
USES

Amla powder is often added to smoothies, juices, and herbal teas for its health benefits. It is used in shampoos, conditioners, and hair masks to promote hair health, prevent hair loss, and enhance shine. Amla powder can be mixed with water or other natural ingredients to create face masks and scrubs for rejuvenating the skin and reducing signs of aging.

HEALTH BENEFITS OF AMLA POWDER

- Rich in Antioxidants
- Boosts Immunity
- Supports Digestive Health
- Improves Skin Health
- Enhances Hair Health
- Regulates Blood Sugar Levels

BEET ROOT POWDER



- **Appearance:** Beetroot powder is a deep reddish-purple color, reflecting the natural pigments (betalains) found in beets.
- **Flavor:** It has a slightly sweet and earthy flavor, which can be used to enhance various recipes.
- **Nutritional Profile:** It is rich in vitamins (like vitamin C and B vitamins), minerals (such as potassium and magnesium), and antioxidants.

NUTRITION FACTS

Beet Root Powder

| PRINCIPLE | NUTRIENT VALUE |
|---------------|----------------|
| Energy | 300-400 kcal |
| Carbohydrate | 70-80 g |
| Protein | 12-16 g |
| Total fat | 0.5-2 g |
| Cholesterol | 0 mg |
| Dietary Fiber | 20-25 g |

USES

Added for color and nutritional boost. Used in muffins, pancakes, and breads for flavor and color. Enhances color and flavor in dishes. Can be mixed into dressings for added nutrition. Often taken in powder form as a supplement for its health benefits. Can be mixed with water, yogurt, or other beverages.

HEALTH BENEFITS OF BEET ROOT POWDER

- Rich in Antioxidants
- Supports Heart Health
- Boosts Athletic Performance
- Improves Digestive Health
- May Enhance Cognitive Function
- Supports Liver Health

FENUGREEK POWDER



*Fenugreek powder, made from the seeds of the fenugreek plant (*Trigonella foenum-graecum*), is a popular spice with a distinct, slightly bitter taste and a sweet, nutty aroma. It is commonly used in cooking, particularly in Indian, Middle Eastern, and North African cuisines.*

NUTRITION FACTS

Fenugreek Powder

| PRINCIPLE | NUTRIENT VALUE | PERCENT OF RDA |
|---------------|----------------|----------------|
| Energy | 323 Kcal | 16% |
| Carbohydrate | 58.35 g | 45% |
| Protein | 23 g | 41% |
| Total fat | 6.41 g | 21% |
| Cholesterol | 0 mg | 0% |
| Dietary Fiber | 24.6 g | 65% |

USES

Commonly found in curry powders and spice blends like garam masala. Used in various dishes such as lentils, stews, and pickles. Can be added to bread, especially in Indian flatbreads like parathas. Available in capsule form or as a powder for easy incorporation into smoothies, teas, or health drinks.

HEALTH BENEFITS OF FENUGREEK POWDER

- Digestive Health
- Blood Sugar Regulation
- Lactation Support
- Anti-inflammatory Properties
- Heart Health
- Hormonal Balance

ALL GREEN TEA WITH FLAVOUR



Green tea, a popular beverage, is known for its numerous health benefits and versatile flavor options. Flavored green tea combines the delicate taste of traditional green tea with various natural flavors, such as fruits, herbs, flowers, and spices.

NUTRITION FACTS

All Green tea with Flavour

| PRINCIPLE | NUTRIENT VALUE | PERCENT OF RDA |
|---------------|----------------|----------------|
| Calories | 2 | 0 % |
| Carbohydrate | 0 g | 0 % |
| Saturated Fat | 0 g | 0 % |
| Total Fat | 0 g | 0% |
| Fiber | 0 g | 0% |

USES

The most common use is as a hot or iced beverage. It can be enjoyed alone or with meals. Flavored green tea can be used in recipes for cakes, desserts, marinades, or dressings to add depth and complexity. It can be blended with other teas, such as black tea or herbal tea, to create unique flavor combinations.

HEALTH BENEFITS OF ALL GREEN TEA WITH FLAVOUR

- Supports Weight Loss
- Enhances Brain Function
- Boosts Immune System
- Promotes Heart Health
- May Reduce Cancer Risk
- Rich in Antioxidants

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