



Indian Bitter Melon (Palee)

Scientific name: *Momordica Charantia L*

Variety / Type: *Palee F1*

Family: *Cucurbitaceae*

Geography / Origin: Bitter melons are native to India, specifically to the northeastern Bengali region, and have been growing wild since ancient times.



TECHNICAL SPECIFICATIONS

Physical Characteristics: This variety is characterized for being more elongated than the other varieties. The skin is thick, bumpy, waxy, and rough, covered in many small, irregularly shaped ridges known as teeth.

Seasons/Availability: Season: All year round in tropical climates
Production type: Open crops

Storage and Conservation Features: The product is stored and refrigerated in a cool room at a temperature of 8 to 10 °C. For transport logistics it is necessary to keep the cold chain at this temperature to keep the product fresh.

Expected shelf life: The shelf life of this product is 10 to 15 days with controlled temperature.
- 5 days of transfer - 10 days of shelf

Packaging details: The product is sold in cardboard boxes of 4 kg and 13 kg:
Box of 4 kg: 99
Box of 13 kg: 30

Nutritional Value:

Physicochemical characteristics:		
Size per portion	100g	
Calories	50-60	
		Valor*
Total fat	g	0.2-1
Total carbohydrates	g	4-10.5
Fiber	g	0.8-1.7
Water	%	80-92
Protein	g	1.5-2
Vitamin	mg	88-96
Calcium	mg	20-23
Iron	mg	1.8-2
Phosphorus	mg	38-70

MORE FACTS:

Indian bitter melon is used in the preparation of some alternative medicine recipes. In Ayurvedic medicine, bitter melon has been used for centuries to help regulate blood sugar levels in diabetic patients.

