

### **PRODUCT PRESENTATION**



CIN NO: U51909DL2020PTC362244 UNIT NO. 811, VIKAS DEEP BUILDING PLOT NO.-18, LNDC DELHI East Delhi DL 110092 IN GST NO: 07AAICG2448M1Z9 | Importer Exporter Code No: AAICG2448M

Email: info@goldenprince.ru | Website: www.glodenprince.ru



### **ABOUT US**



# GOLDEN DOCTORS FARM EMPHASISES ON PURITY, HYGENE, NUTRITIONAL VALUES, VITAMINS AND MINERAL ESSENTIALS ARE THE KEY TO ANY FOOD PRODUCTS

All farm produce is monitored by agriculture farmers under the supervisions of Doctors associated with the Company. It is ensured that the produce be pure, aromatic nutritional, there is no loss of Vitamins, Minerals and other nutritional ingredients.. Product mix is created with the help of Agriculture scientists to enrich the produce with Nutrient, Vitamins, Minerals.

To deliver to the end user, we have set up clean hygienic milling, processing, packing and using hygiene based packing material.

Our Shipping/ Logistics team handles transport , shipments through the following ports of India : Kandla, Mudra, Mumbai, Kolkata, Kochi, Chennai, Vyzaq





### LICENSES & CERTIFICATION-

## CERTIFICATE OF INCORPORATION, MINISTRY OF CORPORATE AFFAIRS



#### **GOODS AND SERVICES TAX**



#### DIRECTORATE GENERAL OF FOREIGN TRADE (DGFT) - IMPORTER EXPORTER CODE



### FOOD SAFETY AND STANDARDS AUTHORITY OF INDIA LICENSE



## AGRICULTURAL AND PROCESSED FOOD PRODUCTS EXPORT DEVELOPMENT AUTHORITY MEMBERSHIP









### PULSES WE OFFER -

#### **PULSES**

- Pigeon pea / Red gram
   (Indian name: Arhar / Rahar / Tur / Tuar)
- Chickpeas (Brown) (Indian name: Chana)
- Chickpeas (Green)
   (Indian name: Cholia / Hara chana)
- Split Bengal gram (Indian Name: ChanaDaal)
- Black-eyed beans / Cowpea (Indian name: Chawli / Lobhia)
- Pulses / Split beans / Beans (Indian name: Daal)
- Broken wheat (Indian name: Dalia)
- Garbanzo beans / Chickpeas (White)
   (Indian name: Kabuli Chana / Chhole)
- Horse gram (Indian name: Kulthi)

- Puffed rice (Indian name: Kurmura)
- Red lentils (Indian name: Masoor)
- Pea (Indian name: Matar)
- Green gram / Mung bean (Indian name: Moong)
- Turkish gram / Moth bean (Indian name: Motth / Matki)
- Beaten rice (Indian name: Poha)
- Kidney beans (Indian name: Rajma)
- Sesame (Indian name: Til)
- Black gram / Black lentil (whole) / White lentil (dehusked) (Indian name: UradDaal / KaaliDaal)
- Field beans (Indian name: Vaal)





### PIGEON PEA / RED GRAM

(Indian Name: Arhar / Rahar / Tur / Tuar)



### **NUTRITION FACTS**

Protein (g)11.36 Total lipid (fat) (g)0.64 Carbohydrate, by difference (g)39.06 Energy (kcal)203.28 Fiber, total dietary (g)11.26



Pigeon pea is a good source of protein, dietary fiber, and various vitamins: thiamin, magnesium, phosphorus, potassium, copper, and manganese. 100g of mature raw pigeon peas also provide 114% (76% for pregnant women) of the daily requirement of folate.

### **CHICKPEAS (BROWN)**

(Indian Name: Chana)



#### **NUTRITION FACTS**

Calories: 46. Carbs: 8 grams. Fiber: 2 grams. Protein: 3 grams.

Folate: 12% of the RDI.

Iron: 4% of the RDI.

Phosphorus: 5% of the RDI.

Copper: 5% of the RDI.



Packed With Nutrients, May Help Keep Your Appetite Under Control, Rich in Plant-Based Protein, May Help You Manage Your Weight, Support Blood Sugar Control, May Benefit Digestion. May Protect Against Certain Chronic Diseases, Inexpensive and Easy to Add to Your Diet.

### **CHICKPEAS (GREEN)**

(Indian Name: Cholia / Hara chana)



#### **NUTRITION FACTS**

**Packed With Nutrients** 

Calories: 46. Carbs: 8 grams.

Fiber: 2 grams. Protein: 3 grams.

Folate: 12% of the RDI.

Iron: 4% of the RDI.

Phosphorus: 5% of the RDI.

Copper: 5% of the RDI.



Being an excellent source of fibre, green chickpeas beans contribute to satiety, helping to maintain a healthy weight. They are an excellent source of folate (vitamin B9) and contain antioxidant vitamins A & C along with good-for-you phytonutrients. They are an all-natural non-allergenic fresh source of protein.

### SPLIT BENGAL GRAM

(Indian Name: ChanaDaal)



### **NUTRITION FACTS**

Calories: 90.45 Kcal Carbohydrates: 10.18 gm.

Fiber: 3.45 gm. Sodium: 5.02 mg.

Potassium: 220.40 mg.



Provides energy, excellent source of vegetarian protein, keeps your heart healthy. Diabetic friendly, improves insulin response, lowers blood pressure, high hiber, weight loss.

### BLACK-EYED BEANS / COWPEA-

(Indian Name: Chawli / Lobhia)



#### **NUTRITION FACTS**

Calories: 194. Protein: 13 grams. Fat: 0.9 grams.

Carbs: 35 grams. Fiber: 11 grams.

Folate: 88% of the DV. Copper: 50% of the DV. Thiamine: 28% of the DV.



Black-eyed peas are incredibly nutrient-dense, packing plenty of fiber and protein into each serving. They're also a good source of several important micronutrients, including folate, copper, thiamine, and iron.

### BROKEN WHEAT

(Indian Name: Dalia)



#### **NUTRITION FACTS**

Calories: 340. Water: 11%

Protein: 13.2 grams. Carbs: 72 grams. Sugar: 0.4 grams. Fiber: 10.7 grams. Fat: 2.5 grams.



Packed with vitamins, minerals and fiber. fiber-rich foods reduce chronic disease risk, promote weight loss and improve digestion and gut health. it's easy to cook and can be added to many dishes, including salads, stews and breads.

### GARBANZO BEANS / CHICKPEAS (WHITE)

(Indian Name: Kabuli Chana / Chhole)



#### **NUTRITION FACTS**

Calories: 46. Carbs: 8 grams. Fiber: 2 grams. Protein: 3 grams.

Folate: 12% of the RDI.

Iron: 4% of the RDI.

Phosphorus: 5% of the RDI.

Copper: 5% of the RDI.



As a rich source of vitamins, minerals and fiber, chickpeas may offer a variety of health benefits, such as improving digestion, aiding weight management and reducing the risk of several diseases. Additionally, chickpeas are high in protein and make an excellent replacement for meat in vegetarian and vegan diets.

### **HORSE GRAM**

(Indian Name: Kulthi)



#### **NUTRITION FACTS**

Carbohydrate: (57.2% w/w)

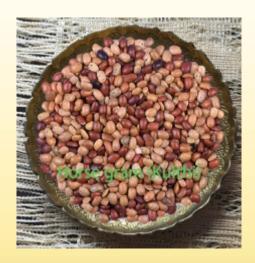
Protein: (22% w/w)

Dietary fiber: (5.3% w/w)

Fat: (0.50% w/w) Calcium: (287 mg) Phosphorus: (311 mg)

Iron: (6.77 mg)

Calories: (321 kcal)



Amazing Wellness Incentives Of Horse Gram, traditional medicine, glowing Skin, controls diabetes, promotes weight loss, improves sperm count, protects liver functions, treats kidney stones.

### PUFFED RICE

(Indian Name: Kurmura)



#### **NUTRITION FACTS**

Iron: 25%

Thiamin: 24% Riboflavin: 15% Vitamin B6: 1% Niacin: 25%

Magnesium: 1% Phosphorus: 1%



It's a great combination of high fibre, protein and complex carbs. A healthy choice to satisfy cravings without sabotaging your diet that also gives a quick burst of energy. Puffed Rice is low in calories and enriched with extra vitamins and minerals. You can mix puffed rice with tomato, cucumber and mint chutney.

### **RED LENTILS**

(Indian Name: Masoor)



#### **NUTRITION FACTS**

Nutritional Facts Serving Size: 1/4 cup(52g) Servings Per Container: 15

Total Carbohydrate: 32g - 11 %

Dietary Fiber: 14 g - 56 %

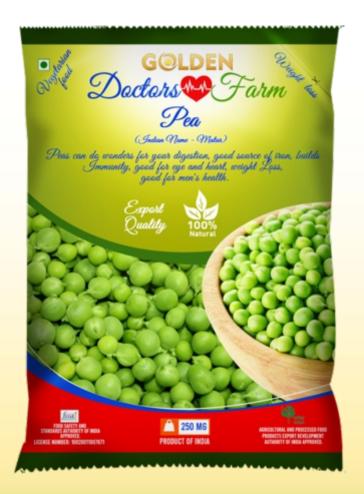
Sugars: 1 g - N/A Protein: 13 g - 26 %



Full of polyphenols, high in protein, good source of iron, they're full of fiber, Lentils are good for your bones, good source of folic acid and high in magnesium.

### PEA

(Indian Name: Matar)



#### **NUTRITION FACTS**

Calories: 62. Carbs: 11 grams. Fiber: 4 grams. Protein: 4 grams.

Vitamin A: 34% of the RDI. Vitamin K: 24% of the RDI. Vitamin C: 13% of the RDI. Thiamine: 15% of the RDI.



Peas can do wonders for your digestion, good source of iron, builds immunity, good for eye health, heart, weight loss, good for skin, good for men's health.

### **GREEN GRAM / MUNG BEAN**

(Indian Name: Moong)



#### **NUTRITION FACTS**

Calories: 212. Fat: 0.8 grams.

Protein: 14.2 grams. Carbs: 38.7 grams. Fiber: 15.4 grams.

Folate (B9): 80% of the Reference

Daily Intake (RDI)

Manganese: 30% of the RDI. Magnesium: 24% of the RDI.



Packed with healthy nutrients, high antioxidant levels may reduce chronic disease risk, antioxidants vitexin and isovitexin may prevent heat stroke, may Lower "Bad" LDL cholesterol levels, reducing heart disease risk, rich in potassium, magnesium and fiber, which may reduce blood pressure.

### **KIDNEY BEANS**

(Indian Name: Rajma)

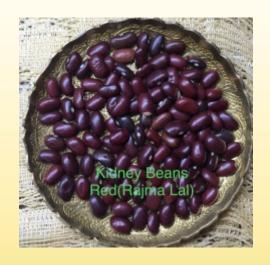


### **NUTRITION FACTS**

One cup (256 grams) of cooked kidney beans contains roughly (28):

Calories: 215.

Protein: 13.4 grams. Fiber: 13.6 grams.



Kidney beans are an excellent source of minerals such as copper, iron, manganese, phosphorus, molybdenum and vitamins B1 and folate. Negligible sugar content, inherently high on dietary fibers and possessing a low glycemic index (GI), these wholesome beans serve as an ideal addition to a diabetic diet.



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