



Super food : rich in proteins, nutrient-dense, low-fat, antioxidant



Fox nut

Generic Name : *Euryale ferox*

Family : *Nymphaeaceae*

Foxnut, also known as Makhana, is a nutritious snack derived from the seeds of the lotus plant. It is low in calories, fat, and sodium and is considered a good source of protein, carbohydrates, fibre, and various essential minerals like magnesium, potassium, and phosphorus. It offers a distinct flavour, a satisfying crunch and aids digestion, weight management and supports heart health. It exhibits anti-inflammatory and antioxidant properties, which help reduce inflammation and the effects of oxidative stress. It is gluten-free and suitable for individuals with gluten intolerance or celiac disease. It is used as a topping for desserts, yogurt bowls, smoothies, and breakfast cereals. Besides this, as it is high in thiamine content and helps in aiding cognitive function, the demand for makhana is increasing across the world due to its nutrient value and naturally produce properties.



Note : Graphics shown are for representation purpose only



Climate and Morphology :

Fox nut (*Euryale ferox* Salisb) is a plant of tropical and subtropical climate. For its proper growth and development, the conducive range of air temperature is 70°F to 90°F, relative humidity 50%-90% and annual rainfall of 100-250 cm, organically reach water bodies with less than 50% water transparency. An important aquatic herb, prickly water plant with gigantic floating nature leaves of a size of 1-2 m, and these leaves are born on 3-5 feet long petioles, green in upper and purple in lower side, thorny in both side of leaf even in entire plant. It grows well in stagnant water of 0.2-2 m depth, with thick rhizomatous stem, deeply rooted in cluster form in sediment.



Natural FOX NUT cultivation



Note : Graphics shown are representation purpose only

Fox Nut

Your most favourite healthy Snacks

Fox nut (*Euryale ferox*), an aquatic crop of the Family Nymphaeaceae commonly known as Makhana, is unique, highly nutritious, non-cereal food cultivated in flood prone zone of north Bihar, lower Assam, and West Bengal. It is commonly known as Makana or Gorgon nut or Fox nut, hand grown in stagnant perennial water bodies like ponds, land depressions, oxbow lakes, swamps and ditches.



Rosted spicy fox nut Snacks

Nutrient-dense delicious Food



Rosted Crispy garlic flavour fox nut Dish

Makhana seeds are also called as Black Diamond. The seeds of Makhana are popped and eaten as roasted as well as used in preparation of various kind of sweets and recipes. It has nutritional and medicinal properties and there is a great export potential of this crop.





Add nutrient dense **Fox nuts** to your favourite healthy dish



Category	Properties	Value	Remarks & Ref (WHO / USDA / NIH / MDPI etc.)
Macronutrients	Protein	~9–14 g / 100 g	High-quality plant protein; EAAI ~89–93% (comparable to milk protein)
	Carb	~75–77 g / 100 g	Major energy source; low glycemic response
	Fat	~0.1–0.7 g / 100 g	Very low fat → aligns with WHO low-fat dietary recommendations
	Energy	~320–360 kcal	Comparable to cereals; suitable as energy-dense snack
Micronutrients	Minerals	Ca, Mg, K, P, Fe	Supports bone health, nerve function; consistent with WHO micronutrient guidelines
Bioactive Compounds	Phytochemicals	Phenolics, flavonoids, tannins	Strong antioxidant activity (peer-reviewed MDPI/BMC studies)



FOX NUTS Food Value

Modern balanced Dietary Food Pyramid



Category	Property	Value
Glycemic Index	GI value	~37 (Low GI)
Antioxidant Effects	Free radical scavenging	High
Anti-inflammatory	Activity	Present (via flavonoids)
Cardiovascular Health	Healthy Heart	Low fat + high Mg/K
Bone Health	Mineral support	Calcium, phosphorus, Magnesium
Metabolic Health	Blood sugar control	Stable glucose response



ADD FOX NUTS TO YOUR VEGETABLE BASKET



- High quality Plant protein source
- Cardiovascular health support
- Anti-inflammatory
- cholesterol-free
- Anti-diabetic
- Anti-obesity
- Antioxidant



How to Reach Us



ABB COS

**Your favourite
Fox nuts (MAKHANA)
Resource Centre**



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