



Mithilanchal Protein

What is Mithilanchal Protein?

A foxnut, also known as makhana, phool makhana, or gorgon nut, is the popped seed of the aquatic plant *Euryale ferox*—a type of prickly water-lily native to ponds in Asia. It swells into a white, popcorn-like puff when roasted or fried

What is it and where does it come from?

Makhana grows underwater in ponds and wetlands in India, especially in the state of Bihar, Bihar is also known as Mithilanchal. Other contributing states include West Bengal, Assam, Odisha, Uttar Pradesh & Chhattisgarh.

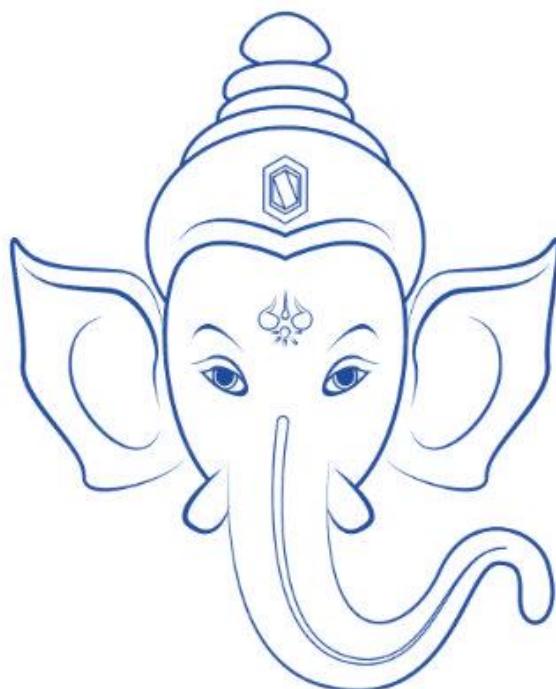
Harvested manually, sun dried, roasted and then popped – similar to popcorn. Laborious steps like cracking each seed contribute to the actual making of Makhana.



Why Makhana is considered sacred in India?

Makhana is considered sacred in India due to its perceived purity, auspiciousness, and symbolic association with fertility and prosperity. It is often offered to deities during religious ceremonies and festivals, and is a popular ingredient in fasting foods. Its association with the lotus flower, which symbolizes divine perfection in Hinduism, further elevates its sacred status.

Makhana has always been a very important ingredient of any food offered to God as it has many benefits that helps people in keeping healthy. People also offer Makhana desserts like Kheer and sheera to deities. It is also then distributed among the devotees. Many people open their fasts with Makhana kheer. It is considered auspicious to make Makhana snacks at home as opposed to eat from packaged Makhana that are being sold by retailers these days.



Why should we consume Makhana?

 Aids in Weight Loss

 Supports Heart Health

 Improves Brain Function



 Strengthens Bones



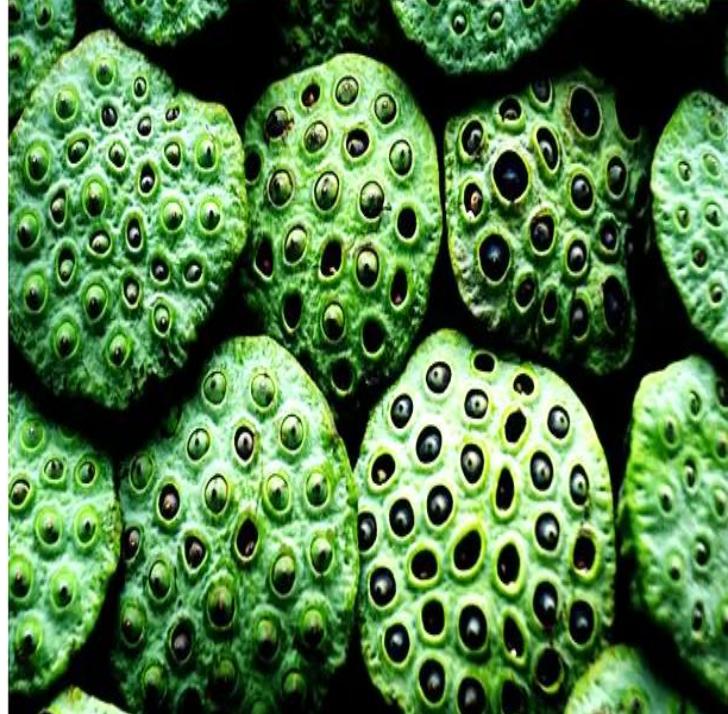
 Manages Blood Sugar

 Improves Digestion

 Anti-Aging Properties

 Boosts Immunity

 Promotes Better Sleep



Nutritional Values

Per 100 Grams approx.

Nutrient	Amount
Calories	~347 kcal
Carbohydrates	~76.9 g
Fiber	~14.5 g
Protein	~9.7 g
Fat	~0.1–0.5 g
Saturated Fat	~0.05 g
Calcium	~60 mg
Magnesium	~68 mg
Phosphorus	~180 mg
Iron	~1.4 mg
Potassium	~500 mg
Sodium	~5 mg
Antioxidants	High (Kaempferol, flavonoids)

✓ Health Benefits at a Glance





Ways to consume Makhana

Snacks

- **Roasted:**

Dry roast makhana with a little ghee or oil and your favorite spices for a crunchy and healthy snack.

- **Seasoned:**

Experiment with different seasonings like salt, pepper, cumin, chili powder, or even chaat masala for a flavorful twist.

- **Trail mix:**

Combine roasted makhana with nuts, seeds, and dried fruits for a protein-packed snack.

- **With milk:**

Enjoy roasted makhana with a glass of warm milk, especially during the evening.

Meals

- **Curries:** Add roasted makhana to curries for added texture and a nutty flavor.

- **Desserts:** Makhana can be used in kheer (a sweet Indian dessert) or puddings.

- **Salads and soups:** Toss roasted or popped makhana into salads or add them to soups for a crunchy element.

- **Parathas:** Ground makhana can be added to paratha dough for a gluten-free and nutritious option.

Why Purchase from us?

Makhana (also known as fox nuts or lotus seeds) are popped using a combination of heat and specialized machinery. Modern processes involve roasting the seeds in a closed barrel with electric-heated thermic oil, then popping them in a closed casing where the heated seeds break open. This mechanized process significantly reduces popping time but reduces quality in terms of colour, size & taste, as compared to traditional methods. It may then be polished by rubbing them together to enhance their appearance. Mechanized popping leads to higher yield of popped Makhana, which may lead to quality moderation.

Whilst, in traditional methods, popping makhana is a laborious, time intensive and cumbersome process. In a 3-stage manual process the seeds are roasted in traditional earthen pots or in cast iron pan at very high temperatures ranging from 250 C to 320 C, tempered for 2 to 3 days, roasted again and popped manually through large number of workers by exerting lots of hard work & efforts. And in this way a Pure Organic Quality of Makhana is produced in Chhattisgarh, which differs in grades of Makhana produced in other states of India.

The best quality Makhana is whole round, feels light & airy in appearance. Also, a bit of off whitish colour of Makhana indicates that, it has been popped and processed manually, it also confirms that polishing has not been done to enhance the appearance.

Real Organic Makhana is not Whitish in colour, a slight tanned shows that it is rich in quality & nutrients. Come invest in your health by buying Real Organic Makhans from DewPorts !!

Happy Makhana !

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