

SORGHUM MILLETS (JOWAR)



Nutritional Value (serving 100 grams)

Energy : 329 kcal

Carbs : 72.1 grams

Fibre : 6.7 grams

Protein : 10.6 grams

Fat : 3.46 grams

Vitamins : Vitamin B1, B2, B3, B5, Folate, Vitamin E, etc

Minerals : Calcium, Phosphorous, Iron, Potassium, Magnesium, Sodium, Zinc, Selenium, etc.

Health Benefits Of The Superfood Jowar

Supports Skin Health

Sorghum's antioxidants, vitamins, and minerals support overall health, indirectly benefiting skin health

Super Energizing Food

Sorghum provides sustained energy throughout the day with its complex carbohydrates that keep you active

Good Guide for Your Guts

Rich in fibre, sorghum promotes regular bowel movements and a healthy digestive system

Packed with Gluten-Free Goodness

Sorghum is a gluten-free grain, suitable for individuals with gluten intolerance or celiac disease

A Humble Helper of the Heart

Sorghum supports heart health by regulating cholesterol levels and promoting the production of good cholesterol (HDL)

Promotes Blood Health

Sorghum contributes to blood health by providing iron and copper, essential for red blood cell production

A Big Boon for Bones

Sorghum is rich in bone-loving minerals like calcium and magnesium, ensuring strong and sturdy bones

Excellent Weight-Loss Buddy

Helps in weight loss by curbing cravings, promoting satiety, and providing high protein and fibre content



How to add Sorghum to your daily diet



Sorghum flour to make chapattis, porridge, and other recipes



Make syrup from sorghum to use as a natural sweetener



Use flaked sorghum as a morning cereal



Pop sorghum like popcorn for a spicy and healthy snacking option

Sorghum And Millets

G Psacharopoulos



Sorghum And Millets:

Embracing the Track of Term: An Emotional Symphony within **Sorghum And Millets**

In a world eaten by screens and the ceaseless chatter of instant connection, the melodic splendor and psychological symphony developed by the prepared term usually disappear into the backdrop, eclipsed by the persistent noise and distractions that permeate our lives. But, situated within the pages of **Sorghum And Millets** a stunning literary value overflowing with organic thoughts, lies an immersive symphony waiting to be embraced. Crafted by an elegant composer of language, that captivating masterpiece conducts readers on a mental journey, skillfully unraveling the hidden tunes and profound impact resonating within each cautiously constructed phrase. Within the depths with this emotional assessment, we can examine the book is central harmonies, analyze its enthralling publishing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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