

## Solar Dried Sorrel Leaves

₹499.00



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### Nutritional Profile (per 100g):

- **Energy:** ~270 kcal
- **Carbohydrates:** ~60 g
- **Sugars:** ~0 g
- **Protein:** ~7 g
- **Fat:** ~1.6 g
- **Fiber:** ~14 g
- **Vitamin C:** ~13 mg
- **Calcium:** ~160 mg
- **Iron:** ~9 mg

### Benefits:

Sorrel leaves are loaded with antioxidants, Vitamin C, and minerals that promote heart health, digestion, and immunity. With their tangy flavor, they are ideal for teas, soups, stews, and herbal remedies.

## Nature Delight Solar-Dried Sorrel Leaves

Tangy • Nutrient-Dense • Traditionally Preserved

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### About the Product

Nature Delight Solar-Dried Sorrel Leaves are made from **fresh, handpicked sorrel (gongura/keerai)**, gently sun-dried to preserve their **natural tang, vibrant green color, and nutritional value**.

Free from chemicals and preservatives, this **power-packed green** is a staple in traditional Indian kitchens and a rising **superfood** in global culinary and wellness markets.

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### Key Features

- 100% Natural, Additive-Free, Sun-Dried
  - Rich in Iron, Vitamin C, Calcium & Antioxidants
  - Naturally Tangy & Flavor-Intense
  - Lightweight, Long Shelf Life, Easy to Store
  - Available in **Whole, Crushed, or Powdered** Form
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## Culinary Use Cases

### Indian Cuisine (South & East India)

- **Gongura Pachadi** – Andhra-style pickle with spices
- **Pulicha Keerai Kootu / Masiyal** – Tamil sour greens curry
- **Dal-Based Gravies** – With toor or moong dal for tangy flavor
- **Chutneys & Thogayal** – Garlic, red chili & tamarind blend
- **Dry Spice Powders (Podi)** – For rice or idli-dosa
- **Instant Rice Mixes** – Gongura rice with ghee or sesame oil

### Mediterranean & Global Dishes

- **Savory Stuffings** – For pies like spanakopita
- **Soups & Broths** – Adds depth & tang
- **Grain Bowls & Wraps** – With chickpeas, bulgur, or lentils
- **Yogurt-Based Dips** – Greek-style dips with garlic & herbs

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## On-the-Go, Travel & Ready-to-Eat Uses

- **Instant Chutney Powder** – Mix with hot rice & ghee/curd
- **Trekking & Camping Meals** – Compact, tangy green for curries or noodles
- **Snack Mixes & Bars** – Tangy twist in nut & seed blends
- **Ready Meal Kits** – For instant dal, rice, or soups
- **Emergency Kits** – High mineral content & long shelf life

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## Health & Nutrition Benefits

- **Iron-Rich** – Supports energy & reduces fatigue
- **Digestive Support** – Natural sourness aids enzymes
- **High in Antioxidants & Vitamin C** – Boosts immunity & skin health
- **Bone & Muscle Support** – Rich in calcium & potassium
- **Anti-inflammatory** – Traditionally used to reduce heat & swelling

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## Industrial & B2B Applications

### Food & Beverage Industry

- Ingredient in spice mixes, RTE curries, and pickles
- Flavor & nutrition for snack bars, soups, sauces
- Functional food formulations for iron & antioxidant needs

### Cosmetic & Herbal Industry

- Skin detox powders & cooling hair care blends
- Added to herbal bath & facial powders

### Pharma & Wellness Sector

- Herbal teas, iron supplements, digestive tonics
- Ayurvedic & herbal formulations

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## Packaging Options

- **Forms Available:** Whole Leaf | Crushed | Powder
- **Retail Packs:** 50g | 100g | 200g
- **Bulk & Private Label** for industrial buyers
- **Resealable, Moisture-Proof, Eco-Safe Pouches**

**SKU:** NS0DF0302

**Categories:** Solar Dried Leaves