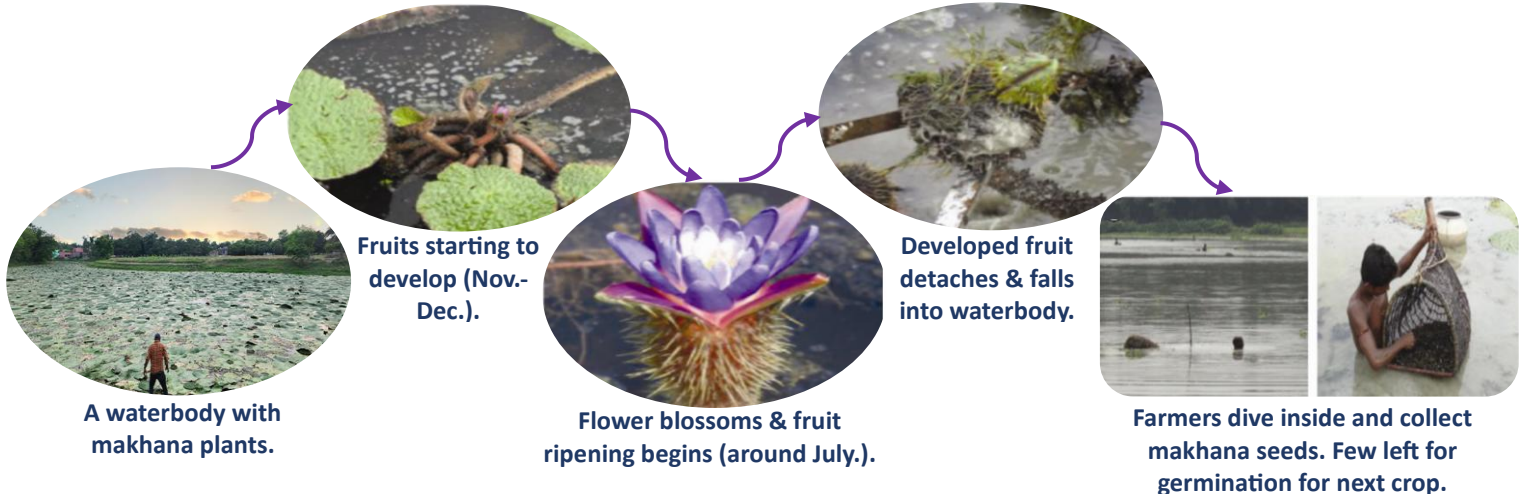


MAKHANA (Botanical name: Euryale ferox, Common Name: Fox Nut; Prickly Water lily)- The Maha Khana !

Production



Processing



Nutritional Value (Popped Makhana)

Carb (% by wt.)	Protein (% by wt.)	Fat (% by wt.)	Calorie Kcal / 100 g.)	Iron gm / 100 g.)	Essential Amino Acid Index (EAAI) ... higher than the values for rice, wheat, chick peas, cow's milk, fish and mutton.
79.8	8.7	0.5	358	1.4	

Market Dynamics



30 billion (current Indian mkt. size)*
60 billion (projected mkt. size by 2028) *
** Source: Business Insider*

Makhana Export (the emerging superfood of the world).

Approx. export value (2023-24): US\$ 1.4 million

363 shipments alone to UAE (Mar '23 to Feb '24)

Major Exporters: India, Nepal, China

Major Importers: UAE, Japan, USA, Canada

Major Initiatives

"Vocal for Local" & "Atmanirbhar Bharat"

Export promotion with improved health and safety aspects.

Makhana as food crop for cluster based approach

Makhana as food crop for cluster based approach



In Budget 2025-26, Finance Minister Nirmala Sitharaman announced the creation of a Makhana Commodity Board in Bihar, with an allocated budget of INR 1 billion!

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