

# 10 Health Benefits Of Tindora Vegetable Ivy Gourd From

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### 10 Health Benefits Of Tindora

#### **10 Health Benefits Of Tindora Vegetable Ivy Gourd From**

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#### **TTiinnddoorraa - TradeKey**

greatest find in our 10-year history is the commercial production of a cultivar of *Coccinia indica*, popularly known as Tindora, Tondali, Ghiloda or Gentleman's Toes or Ivy gourd So far, farmers in India with small area and few resources have been cultivating Tindora • Proven health benefits ...

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#### **Medicinal Importance of Cucurbitaceous Crops**

It appears that in ancient times, India was far-advanced in health knowledge then other country of the words The medicinal importance of vegetables is known the peoples at the time of immemorial, there are altos of books were written and describe the medicinal value of vegetables viz, Rig Veda one of them that describe the

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**Tamilisches Foodlexikon für Ernährungsfachpersonen**

10 g Kohlenhydrate - 1 Obstwert ( OW) 30 g Kohlenhydrate - 3 Brotwerte (BW) Die Kalorienzufuhr sollte 1600 kcal pro Tag nicht unterschreiten Für das Frühstück werden weniger Kohlenhydrate (15-30 g) empfohlen health-benefits.html Tindora/Tindola Scharlachranke mit kleinem grünen

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Coccinia grandis, also called tindora' (tindori, tindoori) commonly known as "Ivy gourd" is a tropical plant belonging to the family Cucurbitaceae The roots, stems, leaves and whole plant of

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