



RED CHORA (POONA BEANS) 1KG



Add flavor and nutrition to your meals with **Swastik Red Chora (Red Cowpeas) 1Kg**. These naturally grown, unpolished legumes are packed with protein, iron, and



fiber — making them a healthy addition to your everyday cooking.

Swastik Red Chora (Red Cowpeas) - 1Kg Pack

Add flavor and nutrition to your meals with **Swastik Red Chora (Red Cowpeas) 1Kg**. These naturally grown, unpolished legumes are packed with protein, iron, and fiber — making them a healthy addition to your everyday cooking.

□ Key Features:

- **Premium quality Red Chora (Red Cowpeas)**
- **100% natural & unpolished**
- **Rich in protein, iron & dietary fiber**
- **Perfect for curries, stews, soups, and salads**
- **Quick to cook & easy to digest**

□ Health Benefits:

Red Chora is a **nutrient-dense legume** that helps improve digestion, supports muscle health, and provides long-lasting energy. A great choice for vegetarian and vegan diets.

□ Packaging:

- Hygienically packed 1Kg moisture-proof bag



- Preserves natural taste and extends shelf life

□ **Keywords to Target (SEO):**

Red Chora 1Kg, Buy Red Cowpeas Online, Swastik Chora Dal, Healthy Pulses India, Protein Rich Legumes, Unpolished Red Chora, Indian Cowpeas for Curry

Categories: Lentile