

Val Desi 1Kg x 10





Product Description

Enjoy the rich, earthy taste of traditional Indian cooking with **Swastik Val Deshi 1Kg**. Also known as **Deshi Field Beans or Desi Lima Beans**, this unpolished pulse is a favorite in Maharashtrian, Gujarati, and Konkan cuisines. Ideal for making usal, curries, and bhaji, it delivers both flavor and nutrition in every bite.

Swastik Val Deshi - 1Kg Pack

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- Authentic Deshi Val (Desi Field Beans)
- 100% natural, unpolished & free from additives
- Rich in plant-based protein, fiber, and essential minerals
- Mild, nutty flavor with soft texture when cooked
- Perfect for usal, sabzi, gravies & traditional Indian recipes

☐ Health Benefits:

Swastik Val Deshi is high in protein, iron, and dietary fiber, making it excellent for



energy, digestion, and overall wellness. A heart-healthy, low-fat pulse that fits well in vegetarian diets.

□ Packaging:

- Hygienic and moisture-resistant 1Kg pack
- Sealed to preserve freshness, aroma, and nutritional value

☐ Keywords to Target (SEO):

Val Deshi 1Kg, Buy Desi Val Online, Swastik Field Beans, Traditional Maharashtrian Dal, Unpolished Indian Pulses, High Protein Val Beans, Healthy Indian Legumes

Categories: Lentile