

VAL DESHI 1KG



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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□ Key Features:

- **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