

Fox Nut or Makhana in Hindi- Detail Review with facts

Know about this Superfood



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Fox nut, majority of people uses the word 'Makhana' in Hindi or lotus seed or even gorgon nut in some countries, generally consumed during fasting, thanks to their nutritional values. Fox nut are the edible seeds of the lotus flower which can either be roasted or fried.

Some of the health benefits of consuming makhana are that it is a good source of magnesium, potassium, phosphorus, and protein. They are low in cholesterol and saturated fats.

Fox nut's global [market size](#) was valued at USD 31.8 million in 2020 and it is forecasted to grow at a CAGR of 11.7% from 2019 to 2025.

The key factor driving the market growth is numerous health benefits that fox nuts are providing such as maintaining blood pressure, [low glycemic index](#), and reducing fat content.

So, instead of snacking on chips, fried Namkeen, snack on popped foxnut also called makhana. It is high in fibers, so consuming a small quantity will not only satisfy your hunger pang, but it will also do your body a lot of good.

This makes Fox Nut or makhana an ideal snack for everybody from people suffering from diabetes to people working on weight loss.

[NUTRITIONAL FACT](#)

Foxnut per 100 grams

- **Calories** – 347 grams
- **Protein** – 9.7 grams
- **Fiber** – 14.5 grams
- **Fat** – 0.1 gram

Health Benefits of Consuming Fox Nut or Makhana

Makhanas have a wide range of benefits which make this simple food a superfood. The crispy treat is a delight to be had in between meals.

- Assists Weight loss

These white nuts contain 9.7g per of easily digestible protein per 100gms of Fox nut. Additionally, protein intends to keep you fuller for a longer duration. This in turns stops one from overeating later.

Makhanas is a great snack for diabetics and heart patients as they contain good fats and a low quantity of saturated fats. this property of makhana makes them a good choice for weight-loss food.

- [Low Glycemic Index](#)

Fox nuts are Low Glycemic index foods which means they get digested slowly and release glucose slowly into the blood, because of which you feel fuller for a longer period. Because of the low glycemic index foxnuts used in Chinese medicine for 3000 years and also finds an important place in the science of Ayurveda.

- Build muscle mass

If you are a vegetarian and looking for a plant-based source of protein. Makhana can be a good source for you to add muscle mass. Consuming 2-3 handful of makhana every day will give you around 4gm of protein, so ideal for vegans too.

- Slows down aging

Makhana is superior to dry fruits such as almonds, walnut, etc. in terms of sugar, protein, ascorbic acid, and phenol content. Makhanas are great anti-aging food as they have an abundance of antioxidants. A handful of makhana every day can help in preventing white hair, wrinkle, and premature aging.

- Gluten-Free

So, for people who are gluten intolerant even for those who are looking to eat gluten-free food, Makhana can be part of your diet as it is completely gluten-free.

- Better Digestive system

Fox nuts are high in medicinal properties such as high fiber content in makhana helps in improving the digestion system. So, if you struggle with constipation or indigestion then this superfood is a must-have. Due to its astringent property, it is helpful in diarrhea and helps in improving appetite

- Improve bone strength

Makhana is rich in calcium, which plays a crucial role in bone development. The high content of calcium makes them suitable for bone and teeth health.

How Much Fox Nut to Consume per day?

Consuming 2-3 handful of makhana every day will give you around 4gm of protein. Excess consumption should be avoided.

How to Consume Fox Nut?

Makhana is easy to incorporate into your diet.

There are multiple ways to consume makhana, but the simplest way is to dry roast them or roast them with a little ghee or cooking oil and season them with some black salt. Roasted makhanas make an amazing snack they are light, healthy, and crunchy.

Bottomline

All through this superfood has an abundance of benefits, but every good thing comes with a price and makhana is no such exception. Having an excess of makhana can cause some side effects such as

- It can cause allergy in some people
- Digestive issues like bloating or constipation.

So moderation is the key. Consume 2-3 handful of makhana every day. Instead of frying them roast them. Makhana can make a great bedtime snack but don't consume them in excess as it can cause indigestion. However, foxnut has negligible side effects compared to the benefits it's providing.

So, next time instead of indulging in fried chips and namkeen, grab a bowl of makhana as they are excellent snack compared to popcorns as it contains many essential vitamins and minerals. Your taste buds will be thanking you forever.

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