

Bitter Gourd

Area Under Cultivation

The important bitter gourd growing states are Maharashtra, Gujarat, Rajasthan, Punjab, Tamil Nadu, Kerela, Karnataka, Andhra Pradesh, West Bengal, Orissa, Assam Uttar Pradesh and Bihar.

Botanical Name : Momordica charantia

Family : Cucurbitaceae

Plant Discription :

It is a luscious, climbing vine with slightly fuzzy stems clothed with dark green, deeply lobed leaves and yellow, dioecious flowers.

Centre of Origin : Tropical Asia

Pollination System : Cross pollinated

Chromosome No. : $2n=22$

Nutritional Levels:

Moisture (%)	Protein (%)	Fat (%)	Mineral matter (%)	Fibre (%)	Carbohydrate (%)	Calories (K Cal)
92.4	1.6	0.2	0.8	4.2	4.2	25
Minerals						
Phosphorus (mg/100g)	Potassium (mg/100g)	Calcium (mg/100g)	Magnesium (mg/100g)	Iron (mg/100g)	Sodium (mg/100g)	Copper (mg/100g)
70	152	20	36	0.61	17.8	0.1
Manganese (mg/100g)	Zinc (mg/100g)	Sulphur (mg/100g)	Chlorine (mg/100g)	Molybdiium (mg/100g)	Cromium (mg/100g)	
0.08	0.46	15	8	0	0.005	
Vitamins						
Carotene (mg/100g)	Thiamine (mg/100g)	Riboflavin (mg/100g)	Niacin (mg/100g)	Vitamin C (mg/100g)	Choline (mg/100g)	Folic acid-Free (mg/100g)
126	0.07	0.09	0.5	88	0	0
Folic acid- Total (mg/100g)						
0						