



The benefits of Taro root come from its rich source of nutrients, which include magnesium, iron, fibre, potassium, manganese, zinc, copper and phosphorus. It contains good amounts of antioxidants, as well as vitamins A, B6, C and E.

The quality of this root crop that stands out the most, is its high fibre content, which is said to be three times higher than that of a white potato.