

Health Benefits of Jackfruit:

- Improves digestion because it is high in fiber and water content.
- Strengthens the immune system because it is high in vitamin C.
- Helps protect against degenerative diseases and cancer because it is high in phytonutrients and anti-oxidants.
- Lowers blood pressure because it is high in potassium.
- Clears skin and maintains good eye sight because it has vitamin A.
- Prevents anemia because it is high in iron.
- Helps in proper functioning of Thyroid due to its copper content which helps thyroid metabolism, thyroid hormone production and absorption.

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How to make

Jackfruit Jam

