

Memon International - Potato Varieties Catalogue

Kufri Jyoti

Skin Color: White | Flesh Color: White | Texture: Mealy (dry)

Best Used For: Boiling, chips

Notable Features: Early-maturing, widely grown

Health Benefits: Rich in carbohydrates, supports energy production

Kufri Bahar

Skin Color: Brown/White | Flesh Color: White | Texture: Waxy

Best Used For: Curries, boiling, table use

Notable Features: Good keeping quality

Health Benefits: Low in fat, supports digestive health

Kufri Sindhuri

Skin Color: Red | Flesh Color: White | Texture: Firm/Waxy

Best Used For: French fries, chips, curries

Notable Features: Rich in starch, mid-season variety

Health Benefits: Provides dietary fiber, aids heart health

Kufri Pukhraj

Skin Color: Yellowish | Flesh Color: Yellow | Texture: Soft/Floury

Best Used For: Boiling, mashed

Notable Features: High-yield variety, popular in N. India

Health Benefits: Contains antioxidants, supports immunity

Kufri Chandramukhi

Skin Color: White | Flesh Color: White | Texture: Smooth, waxy

Best Used For: Cooking, snacks

Notable Features: Early variety, resistant to diseases

Health Benefits: Good source of vitamin C, boosts skin health

Kufri Lalima

Skin Color: Red | Flesh Color: White | Texture: Firm

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Best Used For: Boiling, table use

Notable Features: Late variety, red skin

Health Benefits: Iron content supports blood health

Kufri Chipsona-1/2/3

Skin Color: White | Flesh Color: White | Texture: Dry & Mealy

Best Used For: Chips and processing

Notable Features: Low sugar content, ideal for chips

Health Benefits: Low glycemic index, good for sugar control