

HEALTH BENEFITS OF CAROB

Carob is an evergreen flowering shrub, belonging to the pea family. Native to the Mediterranean region especially in the eastern and southern area of Spain, carob is cultivated for its edible seeds. It is found in its natural form in Southern Anatolia, Cyprus, Syria, Greece, Spain, Morocco, Tunisia, Algeria, Libya and Israel. Consumed since ancient times, it is also known as Saint John's Bread or locust bean. The dried carob fruit is traditionally consumed on Jewish holidays and the juice is taken by Muslims, during the Islamic month of Ramadan. It is used as a substitute in making various products such as baked goods, bars, snacks, cereal, dairy products, cocoa-containing products and beverages. Read on further to know the different health and nutrition benefits of eating carob and also find its nutritional value.

Nutritional Value of Carob

Amount of Carob Flour: 1 cup

Total Weight of Carob Flour: 103 g

Nutrients	Amount
Basic Components	
Protein	4.8 g
Water	3.7 g
Ash	2.3 g
Calories	
Total Calories	229
Calories From Carbohydrate	204
Calories From Fat	6
Calories From Protein	19
Carbohydrates	
Total Carbohydrate	91.6 g
Dietary Fiber	41 g
Sugars	50.5 g
Fats & Fatty Acids	

Total Fat	0.7 g
Saturated Fat	0.1 g
Monounsaturated Fat	0.2 g
Polyunsaturated Fat	0.2 g
Total Omega-3 Fatty Acids	4.1 mg
Total Omega-6 Fatty Acids	218 mg
Vitamins	
Vitamin A	14.4 IU
Vitamin C	0.2 mg
Vitamin E (Alpha Tocopherol)	0.6 mg
Thiamin	0.1 mg
Riboflavin	0.5 mg
Niacin	2 mg
Vitamin B6	0.4 mg
Folate	29.9 mcg
Choline	12.3 mg
Minerals	
Calcium	358 mg
Iron	3 mg
Magnesium	55.6 mg
Phosphorus	81.4 mg
Potassium	852 mg
Sodium	36.1 mg
Zinc	0.9 mg
Copper	0.6 mg
Manganese	0.5 mg
Selenium	5.5 mcg

Nutrition and Health Benefits of Eating Carob

- Carob tannins contain Gallic acid that works as an analgesic, anti-allergic, antibacterial, antioxidant, antiviral and antiseptic.
- Carob improves digestion and lowers cholesterol level in the blood.
- It is used for treating diarrhea in children and adults alike.

- Since it does not contain caffeine, carob benefits people with high blood pressure.
- Regular use of carob helps in preventing lung cancer.
- The vitamin E content in carob helps in treating cough, flu, anemia and osteoclasia.
- The Gallic acid in carob helps in preventing and treating polio in children.
- Carob fights against osteoporosis, due to its richness in phosphorus and calcium.
- Carob pod husks are chewed by singers to clear the voice and throat.

Tips

- Carob forms an important commercial stabilizer and thickener in bakery goods, ice cream, jelly, salad dressings, cheese, bologna, sauces, salami, canned meats, fish, mustard and other food products.
- The carob powder is used as a substitute for cocoa powder or chocolate in cakes, cookies and candies.
- Hot beverages are made using carob powder, instead of coffee.
- For making cookies and muffins, carob chips are used in place of chocolate chips.