

ARONIA

NUTRITIONAL VALUES

Also known as black chokeberry

Latin name: *Aronia melanocarpa*

Origin: America, introduced to Europe in the 18th century.

Belongs to the rose family, approx. 2 m high shrub with pea-sized fruits of dark violet colour, flowering in mid-May, harvest from August onwards

Berries are processed into juice, syrup, tea, powder etc.

The juice is rich in vitamins E, K, B and C and minerals such as potassium, calcium, magnesium, iron and zinc and has a particularly high content of polyphenols and anthocyanins

The pulp left over after juice extraction is dried and ground. It is also rich in vitamins E, K and folic acid, as well as the minerals calcium, potassium, magnesium, iron, manganese and iodine.

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Vitamin E	19,1 mg/100g
Vitamin K1	173 µg/100g
Folic acid	79 mg/100g
Calcium	122 mg/100g
Potassium	466 mg/100g
Magnesium	40,4 mg/100g
Iron	19,7 mg/100g
Manganese	1,27 mg/100g
Iodine	0,29 mg/100g
Carbohydrates	20 g/100g
Total sugar	10 g/100g
Fat	4,7 g/100 g
Protein	4,8 g/100g
Dietary fibre	49 g/100g
Ash	1,9 g/100g
Calorific value	800 KJ/100g

