

Pomegranate *Punica granatum*



Other names	Punic apple, Granada, seeded apple.
Description	The pomegranate fruit grows on a deciduous shrub/tree and originated from Persia in ancient times. The edible parts of the fruit are the juice, seeds (around 600 in each fruit) & the pulp surrounding the seeds called the 'aril'.
Part/s used	Juice, seeds, aril
Nutrients	Pomegranate fruit is an excellent source of Vit C and Vit B5. It is also a good source of potassium.
Phytochemicals	punicalagin, punicalin, anthocyanins, ellagic acid, cyanin, ellagitannins, pelargonidan
Medicinal properties	Both pomegranate fruit and juice are high in antioxidant compounds and also have enzyme inhibition properties which together promote longevity and good heart health. They have astringic, antiseptic and antiviral applications for both internal and external use.
Other facts	The bigger the pomegranate fruit, the less tannins and the sweeter the juice. Pomegranates are the most represented fruit in ancient art, documents & religions. Many have thought the pomegranate to be the actual 'forbidden fruit' of the Garden of Eden. Because of its historical depiction as a symbol of marriage, fertility & abundance, the pomegranate is still the traditional house warming gift in many Mediterranean and Middle Eastern countries where the trees flourish in their ideal climate of hot dry summers and cold winters.

Pomegranate, aril only Nutritional value per 100 g (3.5 oz)	
Energy	70 kcal 290 kJ
Carbohydrates	17.17 g
- Sugars	16.57 g
Fat	0.3 g
Protein	0.95 g
Thiamin (Vit. B1)	0.030 mg 2%
Riboflavin (Vit. B2)	0.063 mg 4%
Niacin (Vit. B3)	0.300 mg 2%
Pantothenic acid (B5)	0.596 mg 12%
Vitamin B6	0.105 mg 8%
Folate (Vit. B9)	6 µg 2%
Vitamin C	6.1 mg 10%
Calcium	3 mg 0%
Iron	0.30 mg 2%
Magnesium	3 mg 1%
Phosphorus	8 mg 1%
Potassium	259 mg 6%
Zinc	0.12 mg 1%

Percentages are relative to US recommendations for adults.
Source: USDA Nutrient database