



APRICOTS DELIGHTS

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Apricots are fruits with an attractive color, typical flavour and valuable nutritional qualities, consumed as raw or sundried, in jams, marmelades, syrups, jellies or spiced sauces.

They are an important food rich in provitamin A and ascorbic acid, which gradually increased throughout the ripening stages. Apricots, also, are a natural source of polyphenols, proteins, carbohydrates, minerals and fibers, which confer them important biological properties like antioxidant, antimicrobial, antimutagenic or anti-inflammatory. Thus, apricots help prevent heart disease, reduce LDL levels and offer protection against cancers

APRICOTS DELIGHTS is an innovative product in the category of sweet-sour-spicy sauces, obtained from apricots, onion and natural powder spices, such as black pepper, ginger, cumin, cinnamon, garlic, chili and cloves. The product has a fine consistency, is aromatic and gives a special flavor to the food with which it is consumed. The product is rich in polyphenols and has high antioxidant activity. Contains no preservatives or other synthetic food additives.

Nutrition data for a serving size of 100 g	Raw apricot	Apricot chutney
Total carbohydrates	11.2	32.035
- Sugar (g)	9.2	29.84
- Dietary fibers (g)	2	2.27
Proteins (g)	1.4	0.24
Total fat (g)	0.4	6.5
Sodium (mg)	1	2.65
Energy value (cal)	48	182.65
Total polyphenols (mg GAE/100g)	52.35±0.14	78.9±0.42
Antioxidant activity (mg Trolox/100g)	148.05 ±0.38	86.52±0.24

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