

TOPINAMBUR (Jerusalem Artichoke)

The trendy way of sweetening

Topinambur - to enjoy naturally is in line with today's trend

Topinambur- in Germany also known as (Jerusalem artichoke) is among the most unusual tuber fruits. The tuber of this (Brazilian) Indian cult plant does not contain starch -unlike potatoes, or sugar, as bobs (or carrots) do - but high amounts of Inulin.

Topinambur - valuable nourishment through Inulin

Inulin is a soluble roughage, which does not participate in the sugar metabolism. It fuels the body with only 1/4 of the energy that other comparable carbohydrates (sugar, starch) do. Depending on its specific usage, Inulin is being converted into fructose up to 85 % and the rest to glucose. Fructose has a high sweetening capacity, that supplies the body with energy, without straining the sugar metabolism. More and more diabetics therefore trust in the therapeutic capability of Topinambur. Because of its fine sweetness, Topinambur is perfectly suited to further enhance food of various kinds. Wherever starch or glucose cannot be tolerated or where it is supposed to be reduced, Topinambur is the superior alternative. Thus, Topinambur ideally corresponds with the pleasure-oriented lifestyle of sensible people.

Topinambur - natural pleasure is the new trend

Due to its unique, honey-like carbohydrate combination, Topinambur combines low calorie levels with good digestibility. The high share of fructose and the very special taste make sure that this "light product" intensifies and refines the flavor of sour products, in particular.

The medium composition of selected soluble elements in Topinambur is as follows:

<i>Carbohydrate</i>	<i>%</i>
Inulin	14
Fructose	0,70
Glucose	0,10
<i>Minerals</i>	<i>mg/100g</i>
Potassium	634
Calcium	23
Iron	1
Magnesium	17
Phosphor	65
<i>Vitamins</i>	<i>mg/100g</i>
Provitamine A	0,01
B1	0,20
B2	0,03

