

Topinambur

All about Jerusalem artichoke

● What Is Inulin?

Inulin is a large molecule in a chain of sugar elements, that means inulin is one kind of fructose. Depending on the application it can be converted into 90% fructose and 10% glucose. Fructose is distinguished by a high degree of sweetness supplying the human body with energy without effecting the sugar balance of a person.

● Jerusalem artichoke for diabetics

Like chicory the Jerusalem artichoke belongs to the family of inulin vegetables. Diabetics especially appreciate its wholesomeness, easy digestibility, and disintegration into fructose. Jerusalem artichoke is one of the few vegetables that can be consumed without calculating the bread units.

● Roughage in Jerusalem artichoke

Both oligofructose and inulin are not broken down by the enzymes of the human body. Therefore Jerusalem artichoke improves the digestion process in the colon and lowers the cholesterol and fat level of the blood. In addition Jerusalem artichoke positively influences the flora of the intestine and prevents constipation.

● The calorie content in the Topinambur

Oligofructose and inulin have a significantly lower calorie content than glucose. The calorific value of inulin (1.0 kcal/g) and oligofructose (1.5 kcal/g) comes to only one fourth of the calorific value of comparable carbohydrates. Consequently Jerusalem artichoke can be characterised as a natural light product depending on the degree of hydrolysis.

● Inulin as a food ingredient

Inulin is accepted and certified as food ingredient not as an additive. It is already used for a wide range of food products. At present dairy products are the most successful field of application.