

Antinutrient & Toxicity

Antinutrient and Toxicity ID	239
Crop ID	Carob
Part	Pod (fresh)
Reported Factor	Phytic acid
Effect	Phytic acid content has strong affinity for binding ions such as calcium and zinc, avoiding its absorption in the intestine and preventing various metabolic processes from being adversely affected.
Cause Toxicity	false
Cause Allergic Reaction	false
Reduction Method	<i>NULL</i>
Notes	The phytic acid content was lower in the pulp than in the seeds and leaves. Leaving aside the leaves, the nutrient power of the carob tree is concentrated in the pulp. Noted that, the seeds display the highest amount of the sum of anti-nutritional factors (proteins inhibitor and phytic acid).
Metadata Id	8,925