

Health benefits of blackberries

- As in other kinds of bush berries, blackberries too packed with numerous plant nutrients such as vitamins, minerals, anti-oxidants, and dietary fibers that are essential for optimum health.
- The berries are very low in calories. 100 g provide just 43 calories. Nonetheless, they are rich in soluble and insoluble fiber (100 g whole berries consist of 5.3 g or 14% RDA of fiber). Xylitol is a low-calorie sugar substitute existing in the fiber content. It absorbed into the blood at a rate slower than glucose inside the gut. It, thus, helps in steadying blood sugar levels.
- Blackberries compose significantly high amounts of phenolic flavonoid phytochemicals such as anthocyanins, ellagic acid, tannin), quercetin, gallic acid, cyanidins, pelargonidins, catechins, kaempferol, and salicylic acid. Scientific studies suggest that these antioxidant compounds may have potential health benefits against cancer, aging, inflammation, and neurological diseases.

Principle	Nutrient Value	Percentage of RDA
Energy	43 Kcal	2%
Carbohydrates	9.61 g	7%
Protein	1.39 g	2%
Total Fat	0.49 g	2%
Cholesterol	0 mg	0%
Dietary Fiber	5.3 g	14%
Thiamin	0.020 IU	2%
Vitamin A	214 IU	7%
Vitamin C	21 mg	35%
Vitamin E	1.17 mg	8%
Vitamin K	19.8 µg	16.5%
Calcium	29 mg	3%
Copper	165 µg	18%
Iron	0.62 mg	8%
Magnesium	20 mg	5%
Manganese	0.646 mg	3%
Selenium	0.4 µg	1%
Zinc	0.53 mg	5%