

## Carob

Chemical composition of carob (in 100g)

Proximal analysis	Carob flour (g)	Seeds (g)	Pod (g)
Water (%)	11.2	8.9-13.6	2.2-6.6
Protein	5.1	14.4-19.7	1.0-2.0
Fat	1.6	8	0.46-1.46
Carbohydrate	91.2	27	48-56
Fiber	8.7	6.9-8.3	4.2-9.6
Tannin			18-20
Ash	2.4	6.9-8.3	1.5-2.4
Minerals	mg	mg	mg
Calcium	332	-	307
Phosphate	81	-	-
Iron	3	-	1.4
Sodium	37.5	-	1.4
Potassium	825	-	1100
Thiamine	1.15	-	-
Theobromine		0	mg

*The Encyclopedia of Fruit & Nuts.* Edited by Jules Janick and Robert E. Paull, Cambridge, CABI, 2008.