

Santol fruit essay sample

[Nutrition](#)



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Santol fruit is round with juicy and as big as a big apple in sized. Inside the santol fruit there is a white juicy tissue approximately 3 to 5 brown seeds. The seeds are up to 2 cm long in size.

SANTOL FRUIT

Introduction – The Santol fruit tissue is mostly sub-acid or sour in nature. When the fruit is unripe, this tissue is even more sour. The Filipinos like it even in sour condition and generally eaten with some salt. In the local markets of the Philippines the santol is always for sale in normal quantity. Santols are also used to make marmalade.

Taste- The external pulp of the santol fruit can be awfully inedible and harsh when the fruit is in an unripe but miraculously transforms itself into a sweet taste and tasty ripe specimen. Average fruits are bigger than a softball shape and the flesh and seeds were incredibly sweet/tart and gravely habit forming. The youthful fruits are candied. The ripen fruits have a vinous taste.

Scientific Name: *Sandoricum koetjape*

Uses of Santol fruit

Folkloric

Decoction or mixture of Santol leaves are used for baths to reduce fever. Also, it is used for diarrhea and as a tonic after childbirth. Woolf poultice is used for ringworm.

Sour roots, bruised with vinegar and water, are a carminative is used for diarrhea and dysentery. The fruit roots are used as tonic.

Others

Santol creates a delicious preserve.

The wood of the tree is useful for construction, being plentiful and usually easy to work and polish. Extracts from santol seeds have insecticidal properties

Medicinal Uses of Santol

Several parts of the santol plant have anti-inflammatory properties. They are used for the treatment of diarrhea and dysentery. These are also used vinegar and mixture of water as a carminative. It is also used for tanning fishing nets. The aromatic, caustic root is also a potent remedy for diarrhea. The root is a tonic for stomachic and antispasmodic.

Santol Nutrition facts

Fruit comparison tables. Overview of vitamin and mineral content including nutrition charts of the Santol fruits. Nutritive value per 100 g of Santol

Principle

Nutritive value

Moisture

85. 4 g

Protein

0. 06 g

Carbohydrates

0

Fat

0. 52 g

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Fiber

1. 26 g

Ash

0. 39 g

Calcium

5. 38 mg

Phosphorus

12. 57 mg

Iron

0. 86 mg

Carotene

0

Thiamine

0

Niacin

0

Ascorbic Acid

0

Pectin

14. 89 mg