



BLACK GARLIC



amefruits

GOURMET



What is Black Garlic?

Black garlic is a product that until recently was unknown, but little by little it is becoming a regular product in many kitchens and supermarkets.

This increase of consumption is not a coincidence; the real cause is that the black garlic properties make it known as a "super food".

The Black Garlic Amefruits Gourmet is made with the best purple garlic grown in Spain, specifically in Las Pedroñeras. The production process is 100% natural as it does not need any additives or chemicals during the fermentation process, it is only based on temperature and humidity.



How the Black Garlic made?

Black garlic is the result of a thorough process in which the best selection of purple garlic is made from Las Pedroñeras. The selections are then submitted to a fermentation process by applying a specific temperature and humidity for a long period of time.

Ameffruits is only uses hand selected purple garlic bulbs to ensure the highest quality of Black Garlic.





Benefits and Properties of Black Garlic

Black garlic has many benefits and properties; however, every new investigation leads to the discovery of new health benefits:

1. **Antiaging:** The concentration of antioxidants is 10 times higher than normal garlic. Black garlic contains an anti-oxidant 39 times higher than normal garlic and produces a significant reduction of free radicals, especially the high concentration of "superoxide dismutase."
2. **Hypertension:** Black Garlic removes the excess potassium in the blood, resulting in lower blood pressure.
3. **Control of sugar levels:** Allicin, which is present in a much higher concentration than in normal garlic, it aids with the reduction of blood sugar levels while increasing insulin.
4. **Stimulant & Provocative:** The combination of allicin with vitamin B1 becomes to Allidiamin, which controls the function of the ovaries and testes. Content of Zinc also helps in this section, as it well known energizer.
5. **Other benefits and properties:** In addition to the benefits and properties of black garlic described above, the black garlic also promotes healthy digestion, strengthens the immune system, regulates cholesterol and helps in the treatment of respiratory problems and a great source of collagen.

Visual and sensory characteristics of Black Garlic

Black garlic is slightly darker in the outer layer than fresh garlic. The big difference is inside, since the clove color is completely black.

Its texture is creamy, allowing it to be anointed. The aggressiveness in the smell and taste is lost making it a product with a fruity and aromatic taste such as truffles or licorice.





Gastronomical uses

The Black Garlic is widely used in high-end kitchens by chefs that integrate it into their dishes. Chef Ferran Adria was the first to introduce black garlic to kitchens in Spain. Currently it is widely used in homes all over Spain.

We can use it as a substitute for regular garlic and take advantage of its magical features, using it as a base for sauces, salads or as a truffle to decorate dishes, and/or as a condiment, adding a different flavor to any dish, sauce, reduction, etc.

With its sweet touches it is also used for desserts, making the dish a lasting experience.

Product Presentation

Black garlic AmeFruits Gourmet is sold both in bulk and packaged in packs of 2 bulbs; its weight is approximately 80 grams.

In turn, packs of 2 bulbs are presented in a box of 24 packs and becomes in an exhibitor box, ideal for exhibiting at the point of sale.



Nutritional information

<i>Portion Description</i>	<i>Quantity (100.0 g)</i>
Energetic value	672.4 kJ / 160.8 kcal
Zinc	1.54 mg
Fats	0.6 g
Saturated fatty acids	0.0 g
Carbohydrates	29.4 g
Sugars	24.2 g
Dietary fiber	3.0 g
Proteins	9.3 g
Salt	0.03 g
Potassium	811.0 mg

Ready to eat.

Store in a cool, dry place.



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