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# Carob Powder





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## SOURCE & PROCESSING

Carob is derived from the ripened dark brown leathery seed pods of carob trees, *Ceratonia Siliqua*, which are about six to 12 inches long. These flowering evergreen trees or shrubs are members of the pea family, *Fabaceae*, and are cultivated in the Mediterranean region (Portugal, Spain, Italy and Morocco). Carob pods contain two prime constituents of carbs— pulp and seeds. Carob is the edible fruit of the carob trees.

A member of the legume family, the ripe carob pods are harvested from this perennial crop, and the edible pulp from inside the pods is dried, roasted and ground to produce carob powder, which is a popular chocolate substitute.

Carob pods have multiple uses. In addition to yielding carob powder from the interior pulp of the ripened seed pods, the pods also contain inedible seeds (endosperm) that turn from green to brown as they ripen. These seeds are the source of Locust Bean/Carob Bean Gums, used in food manufacturing as a thickener, food stabilizer, and emulsifying agent.

## SOURCE

The edible pulp from dark brown seed pods of carob trees, *Ceratonia Siliqua*.

## FUNCTIONALITY

- ~ Color
- ~ Flavor
- ~ Cocoa Substitute

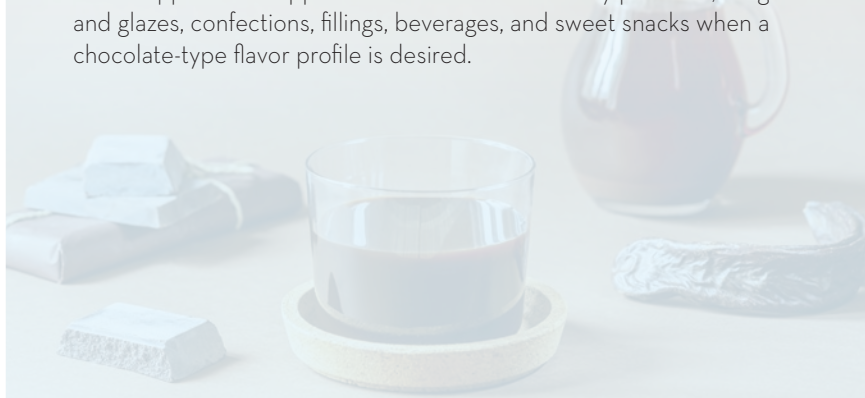
## USES

- ~ Confections
- ~ Bakery Products
  - Dry Mixes
  - Icings and Glazes
- ~ Beverages
- ~ Snacks

## APPLICATIONS

Carob powder is traditionally used in beverages, teas and other products native to the Mediterranean region. Interest and popularity of carob powder as a food ingredient greatly increased in the 1970s as a healthier alternative to cocoa powders. Carob powder delivers a rich, nutty, sweet caramel-like flavor. It is slightly less bitter than many traditionally processed cocoa powders and the lower fat content offers enhanced dry powder blending performance and may influence dry blend stability. Carob powder is caffeine- and gluten-free. Carob powder is also available in a range of colors designed to mimic many available in cocoa powder.

Carob powder is naturally sweet, high in fiber, has calcium and contains no caffeine, and can be used in partial and complete replacement for cocoa powders. The reduction level can range from 2–100% depending on the application. Application areas include: bakery products, icings and glazes, confections, fillings, beverages, and sweet snacks when a chocolate-type flavor profile is desired.





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## PROPERTIES

### Physical

Available in shades ranging from a light caramel color to a dark espresso brown, carob is processed into a loose powder which closely resembles cocoa powder. Apart from its eminent nutritional and nutraceutical properties, carob powder stands out for its unique and quite popular flavor. Carob powder is great low-fat, low sugar, caffeine-free alternative to chocolate. It's also free of tyramine, a compound in chocolate known to trigger headaches in some people. Carob contains bioactive compounds such as flavonoids, phenols or anthocyanins, with antioxidant and anti-inflammatory properties. Carob powder is not only used as a substitute for chocolate and cocoa in confectionery, but in recent years it has started to become a functional ingredient for the development of novel food.

### Composition

When heating, the breakdown of molecular complexes occurs, producing different types of antioxidants and bioactive compounds with beneficial properties for health.

Carob powder contains typically high levels of carbohydrates, some protein, high levels of digestible fiber and low levels of fat.

- Potassium, phosphorus, calcium and sodium in high proportions
- Rich source of K, E, D, C, Niacin, B6 and folic acid
- Presence of other mineral compounds such as magnesium, iron and zinc
- 3-7% protein in variable concentrations, depending on the harvest season
- 11 phenolic compounds, flavonoids and antioxidants
- Presence of D-pinitol, an inositol with pharmacological importance due to its antioxidant, anti-diabetic and anti-aging properties
- Approximately. 49.1% natural sugars

## POWDER COLORS



### Carob powder colors include:

- CG-LG: Light Brown
- CG-MD: Medium Brown
- CG-D: Dark Brown
- CG-ED: Extra Dark Brown

