Elderberries: Nutrition Benefits

Nutrition Facts

Amount per Serving: ½ cup
Calories: 53
Fat: 0 g
Sodium: 4 mg
Total Carbohydrate: 13 g
Dietary Fiber: 5 g
Protein: 0 g
Vitamin A: 9%
Vitamin C: 43%
Calcium: 2%
Iron: 6%
Vitamin B-6: 8%

Nutritional Highlights:

- **Fiber**: One-sixth of daily value for men and women. Remember elderberry jellies and syrups won’t contain fiber.
- **Antioxidants**: Elderberries are high in flavonoids and phenolic acids. These compounds are powerful antioxidants that can help reduce damage from oxidative stress in the body
- **Vitamin C**
- **Iron**: Highest level among other small fruit like blueberry, cranberry, and grape (Products and Services: Fruits and Fruits Juices, 2005).

Medicinal Information:

- **Folk use**: Used to treat common cold, flu, constipation, and rheumatism for thousands of years through Europe and by Native Americans.
- **Modern Use**: Few studies have been conducted and with small sample sizes. In one study, 60 subjects with flu-like symptoms were administered 15 mL elderberry syrup or placebo four times per day for five days; those in the elderberry group noted self-recorded symptom relief an average of four days earlier than control (Zakay-Rones, et al, 2004). In the discussion section, the researchers stated that more studies with larger sample sizes need to be conducted to give more a conclusive answer. Individuals taking antidiabetes drugs, morphine, phenobarbital, diuretics, and immunoactive drugs should avoid utilizing elderberry products due to potential interactions between medications (Sidor A, Gramza-Michałowska, 2015). Evidence for cardiovascular benefits is limited to animal studies and needs to be evaluated further.
Elderberry Syrup Recipe

PREP TIME: 5 MINUTES-2 HOURS
COOK TIME: 45 MINUTES
CANNING TIME: 10 MINUTES IN HOT WATER BATH AND 5 MINUTES IN PRESSURE CANNER AT 10 LBS PRESSURE
TOTAL TIME: 1 AND ½ HOURS- 3 HOURS
AUTHOR: AARON VON FRANK

INGREDIENTS
- 1 pound (4 cups) fresh or frozen elderberries, picked over and all stems removed.
- 3 cups filtered water
- 1/4 cup honey or 1/3 cup sugar (can increase quantity to taste)

INSTRUCTIONS
1. Put all elderberries and water into a large pot over medium heat.
2. Stir to prevent initial fruit scalding. The berries will soon begin heating and bursting, and there will soon be plenty of fluid to prevent the fruit from scalding. (*If using frozen berries, add some water to the pot before cooking to prevent scald, since it will take a while for the frozen berries to thaw.)
3. Cover and bring to a simmer for 20 to 30 minutes, mashing berries with a wooden spoon until they soften and release their juices.
4. Press berries through a food mill or fine mesh sieve. Discard solids. Strain juice a second time through a fine mesh sieve lined with cheesecloth to remove any remaining solids.
5. Pour 2 1/2 cups prepared juice into a saucepan along with honey. Bring to a simmer, stirring occasionally, until syrup has thickened and reduced to about 2 1/2 cups, 10 to 15 minutes, or longer if you prefer a thicker, more potent syrup.
6. Ladle hot syrup into sterilized jars, leaving 1/8-inch of head space. Wipe jar rims and screw on lids. Process in boiling water for 10 minutes, then transfer to a wire rack to cool completely. Check seals.
7. Remove jars and put on stove or counter top. Jars should make a "pop" sound and the lids will indent slightly. This indicates that they have properly sealed and are safe for storage. If they do NOT seal properly, place in fridge or freezer and use within 30 days.
Caloric Sweeteners

HFCS and table sugar are very similar from a health perspective.

Fructose doesn't cause the spikes in blood sugar that glucose does. Some studies suggest that large amounts of fructose can promote insulin resistance (and thus increase diabetes risk), boost triglycerides (fats in the blood), and have adverse effects on blood cholesterol and possibly on the liver.

**Honey**
Antimicrobial properties, trace minerals
Glucose 38%
Fructose 47%
Other – 15% (Water, pollen, magnesium and potassium)
Calories: 64 KCAL/Tbsp

*Infants under 12 months should not consume*

**High Fructose Corn Syrup**
Cheaper than sugar
Glucose 42%
Fructose 53%
Other 5%

**Sugar: Turbinado, Brown, Granulated**
Sugar cane plant
Glucose 50%
Fructose 50%
Calories: 49 KCAL/Tbsp

**Agave**
Cactus plant, sweeter than sugar
Glucose 20%
Fructose 75%
Other 5%
Calories: 60 KCAL/Tbsp

### Composition of Common Caloric Sweeteners

<table>
<thead>
<tr>
<th>Sweetener</th>
<th>Fructose</th>
<th>Glucose</th>
<th>Poly saccharides/other sugars</th>
</tr>
</thead>
<tbody>
<tr>
<td>HFCS 42</td>
<td>42</td>
<td>53</td>
<td>5</td>
</tr>
<tr>
<td>Honey</td>
<td>47</td>
<td>38</td>
<td>15</td>
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<tr>
<td>Sucrose</td>
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<td>49</td>
<td>0</td>
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<tr>
<td>Grape juice conc</td>
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<td>47</td>
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<tr>
<td>HFCS 55</td>
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<td>45</td>
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<tr>
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<tr>
<td>Pear juice conc</td>
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<tr>
<td>Agave nectar</td>
<td>75</td>
<td>20</td>
<td>5</td>
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</tbody>
</table>

Fructose: orange, Glucose: green, Poly saccharides/other sugars: yellow
References


