

## ASSESSMENT OF SOME FUNCTIONAL PROPERTIES OF CARUM CARVI LAS FOOD ADDITIVES

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There is a growing trend to use functional and nutritional ingredient for foods producing to improve their nutritional value. *Carum carvi* L., (*Bunium persicum*) commonly known as Caraway (*Umbelliferae*) is a globally distributed spice with a history as a medicinal plant since ancient times. Caraway seeds are rich source of dietary fiber. Fiber also binds to toxins in the food and helps protect the colon mucus membrane from cancers. In addition, dietary fibers bind to bile salts (produced from cholesterol) and decrease their re-absorption in colon, thus help lower serum LDL cholesterol levels. Caraway contains several health benefiting essential oils. Principle volatile compounds are carvone, limonene, carveol, pinen, cumuninic aldehyde, furfurool, and thujone. These active principles in the caraway seeds are known to have antioxidant, digestive, carminative, and anti-flatulent properties. Caraway has many unsaturated fatty acids such as myristic acid, palmitic acid, palmitoleic acid, stearic acid, oleic acid, linoleic acid (omega-6), linolenic acid (omega-3) and arachidonic acid that to be effective on saturated fat metabolism in the body. Caraway has several health benefiting flavonoid antioxidants such as lutein, carotene, cryptoxanthin and zeaxanthin. Caraway spice is an excellent source of minerals like iron, copper, calcium, potassium, manganese, selenium, zinc and magnesium. In this paper, the nutritional value of caraway seed and effect of using it in some food products is described in details.

Keywords: Carum carvi, food additive, medicinal plant, nutritional value

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