



16-17 November 2023

OBTAINING AND NUTRITIONAL EVALUATION OF ACACIA HONEY WITH NUTS

Ana-Maria Daiana Untan¹, Denisa Iordache¹, Despina-Maria Bordean¹,
Adrian Riviş¹, Liana-Maria Alda¹, Nicoleta Gabriela Hădărugă¹, Corina
Iuliana Megyesi¹, Alexandru Rinovetz¹, Ariana Bianca Velciov¹, Laura
Rădulescu^{1*}

¹University of Life Sciences "King Michael I" from Timisoara, Faculty of Food
Engineering, Calea Aradului No. 119, RO-300645 Timișoara, Romania

Abstract Corresponding author*: laura.rădulescu@usab-tm.ro

The nutritional value of honey lies primarily in its richness in sugars (70-80%), from this point of view, it is an energy food par excellence. By combining the energetic properties of acacia honey with the active substances contained in nuts, a pleasant product with high energy value and special therapeutic properties is obtained.

• Introduction

Bee honey is a complex natural product resulting from the floral nectar of plants and its enrichment by bees (*Apis mellifera* L) with their own substances, through the action of the juice secreted by their glands.

Bee honey has been present in human nutrition since ancient times, having a superior nutritional value.

• Material and method

The following analyzes were determined on the honey samples: moisture, protein, ash, carbohydrates, fats, energy value.

• Results and discussions

Walnut kernels are a delicious food and a source of vitamins, fatty acids, minerals and fiber. The mixture of acacia honey and walnut perfectly combines the properties of the two foods.

• Conclusions

Nuts with honey can replace multiple medicines, so the combination provides the necessary proteins, vitamins, minerals, fats and carbohydrates, acting beneficially on the body. The nutritional value of honey refers primarily to its richness in sugars (70-80%), therefore it is considered an energy food par excellence.

Acknowledgement: honey, acacia honey, nut honey