



# Fig powder in the food industry: nutritional properties and applications

Snejana Stoisici Novacovici<sup>1</sup>, Andreea Ghitulescu<sup>1</sup>, Florina Radu<sup>1</sup>, Diana Moigradean<sup>1</sup>,  
Mariana-Atena Poiana<sup>1</sup>, \*

University of Life Sciences "King Michael I" from Timisoara, Faculty of Food Engineering, Aradului Street no. 119, 300645 Timisoara, Romania.

\* Corresponding author: marianapoiana@usvt.ro

## Introduction

Fig (*Ficus carica*) powder is increasingly used in the food industry due to its valuable functional and nutritional properties, which contribute to improving the nutritional quality and stability of food products. It represents an important source of carbohydrates (mainly glucose and fructose), dietary fiber beneficial for digestion and colon health, as well as vitamins (A, B1, B2, B6, K) and minerals such as calcium, potassium, magnesium, iron, and phosphorus. Fig powder is also rich in bioactive compounds, including polyphenols, flavonoids (such as quercetin and rutin), and carotenoids, which provide strong antioxidant activity. These compounds help combat oxidative stress and contribute to the prevention of chronic diseases.

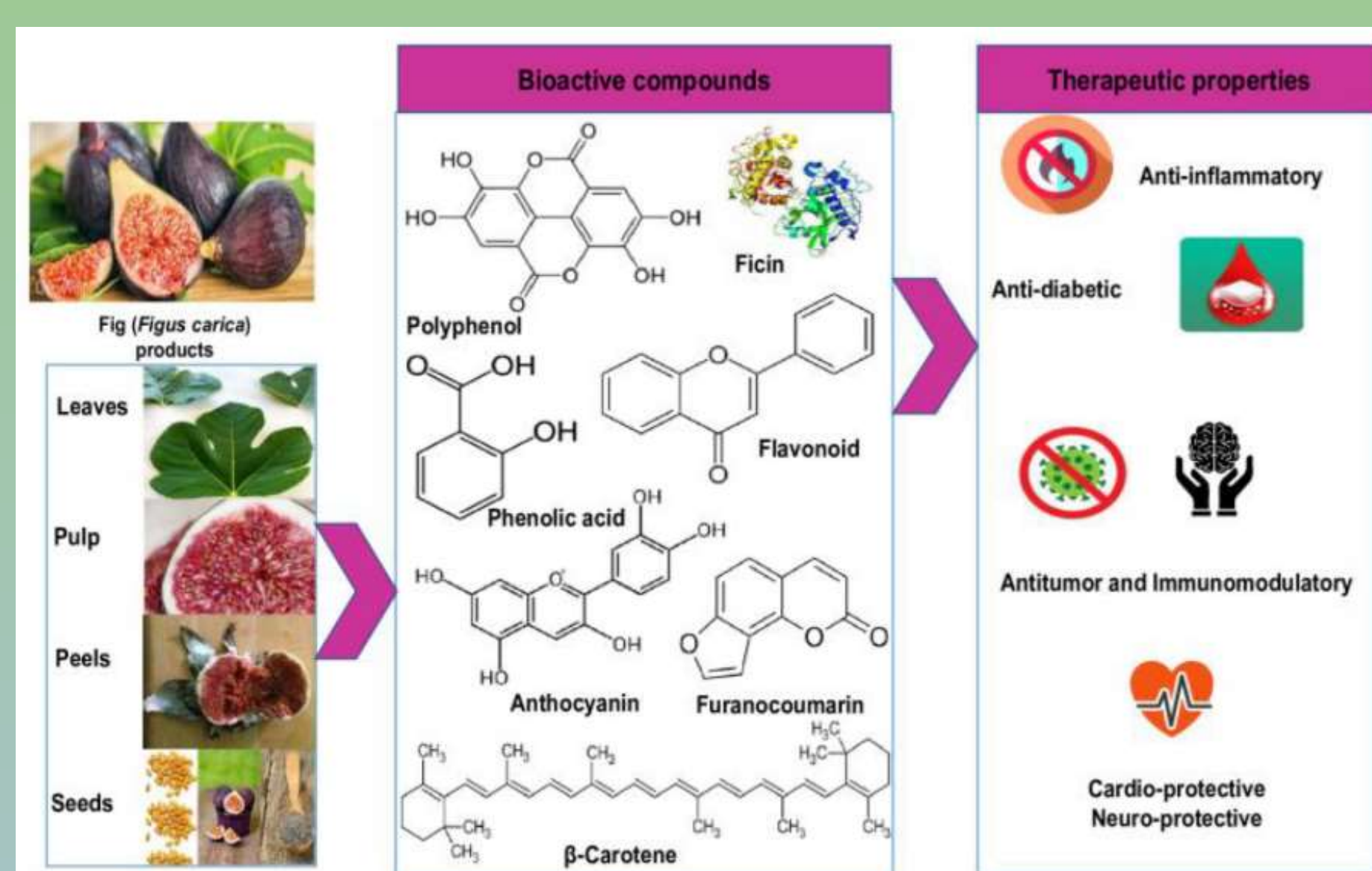


Fig. 1 Bioactive compounds and biological properties

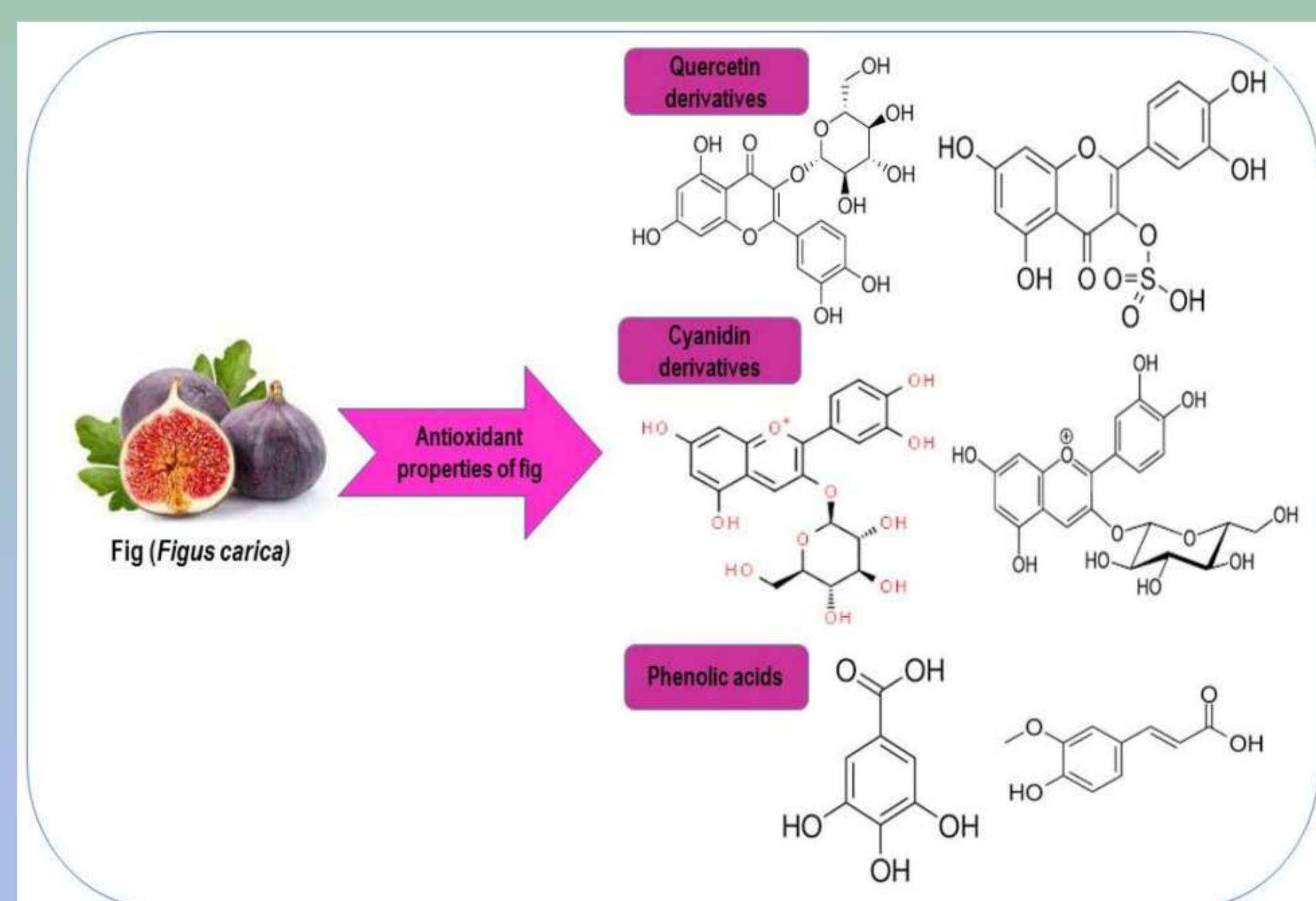


Fig 2. Antioxidants properties

## Conclusions

Overall, fig powder is a versatile and valuable functional ingredient with multiple nutritional and technological benefits. Its inclusion in various food formulations contributes to cleaner labels, healthier and more balanced products, and increased consumer acceptance.

**Keywords:** fig powder; nutritional properties; functional ingredient; antioxidants; food applications