

Black Pepper

The King of Spice



Origin : India

Producer : India 2nd Largest in the world

Generic Name : Piper nigrum

Physical Properties

The black pepper plant is a woody climber and may reach heights of 33 feet by means of its aerial roots. Its broad shiny green leaves are alternately arranged. The small flowers are in dense slender spikes of about 50 blossoms each. The fruits called peppercorns, are drupes about 5mm in diameter bear a single seed. Their odour is penetrating and aromatic; the taste is hot, biting, and very pungent. Ground black pepper contains upto 3 % essential oil, more use QR



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Medicinal Properties

- **Anti-inflammatory, Carminative and Anti-flatulent**
- Peppercorns contains essential oils such as piperine, an amine alkaloid, that gives a strong spicy pungent chrt
- Peppercorns increase gut motility as, digestion power through augmenting gastrointestinal enzyme secretions
- Peppercorns contain Potassium, Calcium, Zinc, Manganese, Iron and magnesium.
- Potassium is an important component of cells and body fluids that helps control heart rate and blood pressure.
- Peppercorns contain Manganese is used by the body as a co-factor for the antioxidant enzyme, superoxide dismutase. Iron for cellular respiration and blood cell production
- Excellent source of vital B-complex groups of vitamins such as Pyridoxine, riboflavin, thiamin, and niacin.
- Good source of anti-oxidant i.e vitamin-C and vitamin-A rich in flavonoid polyphenolic anti-oxidants like carotenes, cryptoxanthin, zeaxanthin, and lycopene.
- Peppercorns compounds help the body to remove harmful free radicals and help protect from cancers and diseases.

Nutritional Value

100 g of Black Pepper contains	
Ingredients	Qty g
• Energy	251 kcal
• Total lipid Fat	3.26 g
• Protein	10.4 g
• Carbohydrate	64 g
• Fiber, total dietary	25.3 g
• Sugars including NLEA	0.64 g
• Glucose	0.24 g
• Galactose	0.15 g
• Calcium, Ca	443 mg
• Phosphorous, P	158 mg
• Sodium, Na	20 mg
• Potassium, K	1330 mg
• Iron, Fe	9.71 mg
• Magnesium, Mg	171 mg
• Zinc, Zn	1.19 mg
• Copper, Cu	1.33 mg
• Manganese, Mn	12.8 mg

Source: USDA National Nutrient data base

Uses

- **Used as condiment**, on its own or in spice blends, is on the increase with the growing popularity of snacks, ethnic foods, ready-to-cook meals as well as healthy low-sugar and salt foods especially in the developed countries.
- **As a Preservative**: As a natural preservative for meat and other perishable foods have been known for centuries this is due to the anti-oxidant and anti-microbial properties present in pepper.
- **Culinary Uses** - since ancient times for fragrance and flavour along with pepper, turmeric, ginger, etc.
- **Used** in Biryani, Soups, Barbecue sauces, Pickling, and as one of the ingredients in curry powders.

