

Nutritional Value of Black Carrot for Improving Health

Amit Kumar¹, Rohit Kumar², Sandeep Gautam³ and Diksha Bohra⁴

Introduction:

Black carrot is a true member of the carrot family and a root vegetable. There are two cultivars of black carrot: east-Asian and western. Western roots can be orange, yellow, red, or white. The root of the eastern variety is red-purple or yellow in colour. Black carrots are extremely healthy because they contain high levels of anthocyanin, a pigment that gives the vegetable a rich purple colour that seems practically black. Carrots are high in antioxidants including alpha- and beta-carotene, as well as lycopene and lutein. Its colour is due to the pigment anthocyanin which has anti-oxidant qualities. Black carrots have more beta-carotene than orange or red carrots, which adds to their antioxidant benefits. Because of the high concentration of bioactive chemicals in black carrot, it is regarded as a functional food. The current analysis focuses on the presence of possible photo-chemicals in black carrots and their important function in oxidative stress-induced severe metabolic disease.



Fig. 1: Black carrot

Nutritional value of Black Carrot:

Carbohydrate (g)	6.0
Vitamin C (mg)	5.9
Moisture (g)	88.8
Calcium (g)	33
Protein (g)	0.7
Zinc (g)	0.24
Fat (g)	0.5
Iron (mg)	0.30
Potassium (mg)	320
Phosphorous (mg)	35
Vitamin A (IU)	16705
All values as per 100g of edible portion	

Amit Kumar¹, Rohit Kumar², Sandeep Gautam³ and Diksha Bohra⁴

¹P.G. Scholar, Deptt. of Post Harvest Technology, B U A & Tech., Banda, Uttar Pradesh.

²Research Scholar, Deptt. of Post Harvest Technology, B U A & Tech., Banda, Uttar Pradesh.

³Research Scholar, Deptt. of Agricultural Economics, A N D U A & Tech., Kumarganj, Ayodhya, (UP).

⁴Research Scholar, Deptt. of Agricultural Economics, M P U A & Tech., Udaipur, Rajasthan.

Some Black Carrot Varieties:

Today's market offers a number of black carrot kinds. Heirloom and hybrid cultivars fall under this category. The creation of hybrids with specific traits is still the subject of additional research.

Punjab Black Beauty:

India produces the hybrid type known as Punjab Black Beauty. The variety was developed to address issues with malnutrition in the local community. It is a purple-black carrot with a conical shape. The carrot has purple petioles and dark green leaves.

Black Nebula Carrot:

It was made especially for home growers and has a dark purple root. From its outer layer to its very core, the cultivar is regarded as one of the darkest carrots available. It has a very high anthocyanin content and offers the health advantages that come with a high anthocyanin content.

Black Knight Carrots:

The Black Knight is a small- to medium-sized conical heritage cultivar. Its silky skin is covered in an extreme amount of purple pigment that almost looks black. The colour of the core flesh ranges from ivory to golden.

Purple Haze Carrot:

The Purple Haze carrot is a non-GMO hybrid that has a bright orange centre and a tapering, dark-purple outside. When raw, it is

renowned for its sweet flavour. It retains its rich purple colour when cooked.

Deep Purple Carrot:

The deep purple carrot has a pleasant flavour, silky exterior, and a deep purple inside, hence its name. This high yielding cultivar is appropriate for home growers.

Purple Dragon Carrot:

An heirloom black carrot cultivar known as the Purple Dragon has a purple outer skin and a vivid orange interior. When cut open, this contrast produces pleasing slices.

Health Benefits of Black Carrot:

Black carrots have a high anthocyanin content, which makes them quite nutritious as well. In comparison to typical orange carrots, black carrot juice contains 28 times more anthocyanin. These carrots are bursting with nutrients that can fend off conditions including oxidative stress, cancer, cardiovascular disease, diabetes, and obesity. Here are a few amazing health advantages of black carrots.

Good for heart health:

Black carrots' antioxidants improve platelet function and heart health by preventing blood clots from forming. Black carrots' nutrients also aid in blood vessel relaxation, enhancing cardiovascular health. Additionally, it lowers blood cholesterol levels.

Have anti-cancer properties:

Black carrots contain anthocyanin that can stop the spread of cancer cells and reduce inflammatory responses in the body.

Aids weight loss:

Anti-obesity characteristics of black carrot antioxidants may help prevent weight gain, fat gain, and other metabolic diseases.

Promotes good eyesight:

Black carrots are just as beneficial to vision as their orange siblings. They assist in boosting blood flow to the eyes and are helpful for persons with glaucoma, retinal inflammation, and other conditions.

Promotes digestive health:

Fiber in black carrots aids in digestive problems like constipation, bloating, and flatulence.

Benefits gut health:

Carrot fiber cleans up trash as it passes through our bodies in the gastrointestinal system like a natural Hoover cleaner. Additionally, carrots can maintain healthy intestinal flora, reducing the risk of sickness, and enhancing general health.

Stomach and Liver Health:

Constipation, stomach issues, and dull skin can all be treated with black carrot juice. It maintains a clean and well-balanced alimentary canal because of its very fibrous structure.

Hair and Skin Care:

Combining vitamin A with selenium is beneficial for hair in terms of hair development. It fights hair thinning and encourages hair growth. It helps to moisturize and firm up the skin. It works well to treat pigmentation and acne.

Reduce risk of Heart Disease:

Potassium is abundant in carrot juice. Since it lowers the risk of stroke, it is crucial for controlling and maintaining healthy blood pressure levels. So it's imperative to give your heart a hug of freshly squeezed carrot juice.

Help to Immunity Boost:

Carrot juice contains vitamin-A and antioxidant essential for a healthy immune systems. Moreover, it has vitamin-B₆, which is responsible for developing antibodies and immune cell proliferation. The vitamin-C in carrot juice help the body to create antibodies to protect our immune system and fights free radical damage.