

Citrusvil

The Power of Lemon



There are many of us who are lemon fans, and we tell you why.



Lemons are citrus fruits which have many health benefits. There are two features that characterize them: difference and versatility.

Unlike other citrus fruits, these sour fruits can be consumed in other foods, and, regarding their versatility, lemons can be used not only for cooking but also for health-related purposes or even for removing a stain from our clothes.



Lemons are mainly used as condiments or diluted, thus, unlike other citrus fruits, their per capita consumption is smaller. According to information from the Argentine Citrus Federation¹, dated July 2021, Argentine people consume 3 kilos of lemons per capita every year, a number that is higher than the European average consumption, which is about 1.96 kilos per capita every year, according to Eurostat².

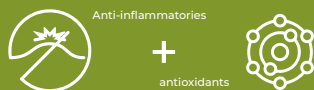
The benefits of these citrus fruits are increasingly popular. When it comes to cooking, they are known as “multipurpose keys” because they can be used in any recipe and in different types of food (jellies, puddings, jams, pastries, alcoholic and non-alcoholic beverages, etc.) as well as in the manufacturing of cosmetic, pharmaceutical and cleaning products

Lemons are also authentic nutritional treasures³.

Nutritional Composition	Per 100 g of edible portion	Medium-sized unit of 110 g
Energy (Kcal)	44	31
Proteins (g)	0,7	0,5
Total Lipids (g)	0,4	0,2
Carbohydrates (g)	9	6,3
Fiber (g)	1	0,7
Water (g)	88,9	62,6
Calcium (mg)	12	8,4
Iron (mg)	0,4	0,3
Iodine (µg)	3	2,1
Magnesium (mg)	18	12,7
Zinc (mg)	0,12	0,1
Sodium (mg)	3	2,1
Potassium (mg)	149	104,9
Phosphorous (mg)	16	11,3
Selenium (µg)	1	0,7
Thiamin (mg)	0,05	0,04
Riboflavin (mg)	0,03	0,02
Niacin equivalents (mg)	0,17	0,12
Vitamin B (mg)	0,11	0,08
Folic acid (µg)	7	4,9
Vitamin C (mg)	50	35,2
Vitamin A: Retinol equivalent (µg)	2,3	1,6
Vitamin E (mg)	0,5	0,4

Since lemons have fewer calories than other fruits, they are a source of vegetable compounds called flavonoids, which have antioxidant and anti-inflammatory effects. Antioxidants are compounds that help protect body cells from damage and have a very low glycemic index (30) as well as large amounts of fiber. Moreover, their sour flavor helps digestion and kidney stones dissolution.

In addition, studies have shown that people who consume a large amount of vitamin C have a lower risk of developing chronic conditions such as cardiovascular or neurodegenerative diseases or cataracts, according to the Spanish Lemon and Grapefruit Interbranch Organization



- » Lemons provide a great amount of vitamin C and potassium as well as small quantities of other vitamins and minerals.
- » Vitamin C intervenes in many enzymatic reactions. It is also essential for collagen production, necessary for cell growth and repair.
- » Lemons have the ability to improve healing and the function of the immune system boosting our body's general defenses.
- » They collaborate in iron transport and have antioxidant capacity, which reduces the risk of contracting some diseases; thus, for example, they help neutralize carcinogenic substances, such as nitrosamines. Therefore, they seem to have a key role in cancer prevention.

(Ailimpo). Their pulp contains organic acids, mainly citric acid and, secondly, malic (considered to be responsible for the sour flavor in this fruit), acetic and formic acids. Some studies have shown that organic acids boost the action of vitamin C and have a significant antiseptic effect. Lemons also have phenols such as caffeic and ferulic acids, which are strong antioxidants and inhibit carcinogenic activity⁴.

Other Benefits

- » Lemons boost the immune system.
- » They incorporate potassium, benefitting the nervous system and brain care.
- » They prevent intestinal diverticula and constipation, and protect the intestinal mucosa.
- » They are acidifying, gelling, thickening, emulsifying, antibacterial and stabilizing agents.
- » Pectin is used as an antiseptic, healing and moisturizing agent.
- » They maintain the pH balance in the body.





Did you know that...?

On September 30, we celebrate the World Lemon Day 🍋, a date that was set to give value to the global chain of this citrus fruit.

Recipe

Moist Lemon Cake

By **Oswaldo Gross**⁵, an Argentine pastry chef, world renowned for his dishes. He has written many books and is a TV presenter. He has also received many awards, such as Cordon Bleu, The Culinary Institute of America, École Etoile, Castalimenti.

Ingredients:

- 3 grated fresh lemon peels
- 425g of sugar
- 325g of flour
- 10g of baking powder
- 5 eggs
- 120g of clarified butter or 150g of regular butter
- 180g of thick milk cream (double cream) or cream cheese

Steps:

- 1) Whisk the eggs with the sugar and the grated lemon peels.
- 2) Sift the flour with the baking powder and add it to the eggs. Finally, add the melted butter and the milk cream.
- 3) Make a uniform dough.
- 4) Put it into two 24-cm pudding molds or 3 20-cm pudding molds.
- 5) Bake at 160° C for 45 to 60 minutes at moderate to low heat. Use a toothpick to check that it is cooked. Once it is ready, you can frost it with a mixture made of powdered sugar and lemon juice.



References

- 1) Federcitrus. 2022 Citrus Activity
- 2) Federcitrus. "El consumo de limón se estabiliza en España y vuelve a los niveles de la prepandemia"
- 3) Ailimpo. "Valor nutricional de los limones"
- 4) ACNOA - Día mundial del limón
- 5) Oswaldo Gross on Facebook

[Back to Table of Contents](#)