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Nutritional information water chestnut flour

Opinions of nutrition data nutritional data reward foods in each of the three categories from 0 to 5 stars, based on their nutrient density (ND rating) and their satiated effect (fullness factor™). Foods that are both nutritious and filling are considered to be better options for weight loss. Foods that are nutritious without filling are considered a better option for healthy weight gain. Foods that have more essential nutrients per calorie are considered better options for optimal health. According to the FDA's dietary recommendations, nutritional data also indicates whether food is particularly high or low in various nutrients. Read nutrition data opinion of how to prepare health benefits Nutrition Water chestnut water chestnuts, also known as Chinese water chestnuts, are grass-like plants native to Asian countries like China, India, the Philippines and Japan. Chestnut of water also grows in Australia, tropical Africa, and some Pacific and Indian Ocean islands. Nevertheless, there is no water chestnut nut in its name. It is actually an aquatic vegetable often grown underwater in marshy and muddy areas. Although water chestnuts are technically the entire plant, most people refer to small, round corms that are cut from the plant and cooked or eaten raw. Chestnut cormes of water are often fed to cattle and used as mulch or manure throughout Asia. Water chestnuts are popular in many Chinese cuisine, such as stir-fry and chop suki. Water chestnuts contain many antioxidants that can reduce your risk of many chronic diseases and conditions. Eating chestnuts of water can bring other health benefits such as: Improved blood pressure can reduce your risk of potassium stroke and hypertension in water chestnuts, both of which are linked to heart disease. Studies have found that people who consume large parts of potassium have a significantly lower risk for stroke and hypertension. Cancer prevention antioxidants present in water chestnuts may reduce the risk of developing certain types of cancer. Studies show that antioxidants can significantly slow down the growth of cancer cells. After the weight loss plan, people may benefit from the low calorie content of water chestnuts. Water chestnut is a high-volume food that can prevent hunger without adding too many calories to your diet. Digestive health water is high in chestnut fiber, which helps the body digest food more efficiently. Fiber aids in digestion by helping to move food through the large intestine. Fiber also absorbs water, which softens the feces and allows them to pass more smoothly. Water chestnuts are nutritious because they are high in fiber, low in calories, and contain no fat. They also contain many vitamins and healthy antioxidants. An excellent source of water chestnuts are: Vitamin B6 riboflavin potassium manganese copper serves half a cup of chopped water chestnuts per serving nutrients: things to look out for raw if eaten, water chestnut plant Infectious parasites called fasciolosis. While canned water chestnuts pose little risk, be sure to wash the chestnuts of water thoroughly if you buy them fresh. You can eat chestnuts of water raw, steamed, grilled, spicy or a can. Water chestnuts are unusual as they remain crunchy even after being cooked or canned due to their ferulic acid content. This makes quality water chestnut a popular choice for stir fry and as a topping on many Chinese cuisines. In the U.S., one of the most common dishes prepared with water chestnuts is the American-Chinese chop swollen. Fresh water chestnuts have a sweet taste compared to canned variety. To enjoy fresh water chestnuts, you should thoroughly wash, peel, and eat them raw. Or, steam them up and stir them up, add them to a stir-fry, soup or salad. Many people enjoy chestnuts of water as a snack, especially when they are spicy or candied. You can also dry the chestnuts of water and grind them into a thicker agent or flour that you can use for baked goods. Here are some ways to use water chestnuts in recipes: Add water chestnut to a stir fry with spicy meat or savory greens Use water chestnut as a filling for salad wraps stuff sauté water chestnut green beans in vegan egg rolls in chestnut and bake water chestnuts in bacon and bake until crispy chicken or tuna salad add water chestnuts to recipes : Centers for Disease Control and Prevention: Eat more, lose weight? Journal of Agriculture and Food Chemistry: Preliminary analysis of Chinese water chestnut (Elichris dulcis) cell-wall material from paranchima, epidermis and subdermal tissues. Encyclopedia of Food Science and Nutrition: Water Plant. Journal of Food Science: Antitumor, antioxidant, and nitrite scavenging effects of Chinese water chestnut (Elichris dulcis) peel flavonoids. MedlinePlus: Fiber. Permaculture Research Institute: Water Chestnut. American Clinical and Climate Association Transactions: Why Your Mother Was Right: How Potassium Intake Reduces Blood Pressure. Tropical Parasitology: Laboratory experience with the development of Fasciolopsis buski eggs. © 2020 WebMD, LLC. All rights reserved. Despite being called chestnut by Ryan Raman, MS, RD on April 20, 2018D, the chestnuts of water are not crazy at all. They are aquatic tuber vegetables that grow in marshes, ponds, paddy fields and shallow lakes (1). Water chestnuts are native to many islands in Southeast Asia, southern China, Taiwan, Australia, Africa and the Indian and Pacific oceans. When the corm, or bulb, turns into dark brown color they are cut. They are a crisp, white meat that can be raw or cooked and a common addition to Asian cuisine such as stir fries, chop suki, curry and salad. However, water chestnuts (Elichris dulcis) should not be confused with water caltropes (trapa nuts), often also called water chestnuts. Water Caltrops Bats Buffalos are shaped like heads and taste like this Yum or potato. Water chestnuts have many uses and are associated with many benefits. There are five science-backed benefits of water chestnuts, as well as ideas for eating them. Shares on PinterestWater chestnuts are full of nutrients. Provides a 3.5 oz (100 g) raw water chestnut service (2): Calories: 97Fat: 0.1 gramCarbon: 23.9 gramFiber: 3 gramsProtein: 2 gramsPotassium: 17% of RDIIron: 17% of RDIVitamin B6: 16% of RDIRiboflavin: 12% of RDIWater chestnut is a great source of fiber and provide 12% of daily fiber recommendation for women and 8% for men. Research suggests that eating plenty of fiber can help promote bowel movements, reduce blood cholesterol levels, regulate blood sugar levels and keep your stomach healthy (3). Additionally, most calories in water chestnuts come from carbs. However, they are generally low in calories, because raw water chestnuts are 74% water. Summary water chestnuts are very nutritious and contain high amounts of fiber, potassium, manganese, copper, vitamin B6 and riboflavin. Most of their calories come from carbs. Water chestnut contains a good amount of antioxidants. There are antioxidant molecules that help protect the body from potentially harmful molecules called free radicals. If free radicals accumulate in the body, they can overwhelm the body's natural defenses and promote a state called oxidative stress (4). Unfortunately, oxidative stress has been linked to a higher risk of chronic diseases including heart disease, type 2 diabetes and multiple types of cancer. Water chestnuts are especially rich in antioxidant ferulic acid, gallicochin gallette, epicatechin gallette and catechin gallette (5, 6). Test-tube studies have shown that antioxidants in water chestnut peels and meat can effectively neutralize free radicals that are involved in chronic disease progression (6, 7). Interestingly, antioxidants in water chestnuts like ferulic acid also help to ensure that water chestnuts remain crispy and crunchy even after cooking meat (5). Summary water chestnut antioxidants are a great source of ferulic acid, gallicochin gallette, epicatechin gallette and catechin gallette. These antioxidants can help the body to cope with oxidative stress, which is associated with many chronic diseases. Heart disease is the leading cause of death globally (8). The risk of heart disease is higher than risk factors such as high blood pressure, high blood cholesterol (LDL cholesterol), stroke and high blood triglycerides (9). Interestingly, water chestnuts have historically been used to treat risk factors such as hypertension. This is likely because they are a great source of potassium. Many studies have linked the abundant diet in potassium with lower risk of stroke and hypertension -- two risk factors for heart disease. Analysis of 33 studies found that when people with high blood pressure consumed more potassium, their systolic blood pressure (upper value) and The pressure (low value) decreased from 3.49 mmHG and 1.96 mmHG (10) respectively. The same analysis also found that people who ate the most potassium had a 24% lower risk of developing strokes. Another analysis of 11 studies, including 247,510 people, found that people who ate the most potassium had a 21% lower risk of stroke and an overall low risk of heart disease (11). Summary water chestnuts are a great source of potassium. A diet rich in potassium has been linked to lowering heart disease risk factors such as hypertension and stroke. Chestnuts of water are classified as high-volume food. Foods with high doses have either a lot of water or air. Both are calorie free. Despite being low in calories, foods with high doses can effectively prevent hunger (12, 13). As hunger can affect your ability to stick to a diet, swapping low-filling foods to fill foods that provide similar calories can be an effective strategy for losing weight. Chestnuts of water are made of 74% water (2). If you struggle with hunger, swapping your current source of carbs for water chestnuts can help you stay fuller for longer while consuming fewer calories. Summary water chestnuts are made of 74% water, which makes them food in high doses. Foods with high doses can help you lose weight after an abundant diet, as they can keep you fuller for a long time with low calories. Water chestnut has a very high level of antioxidant ferulic acid. This antioxidant ensures that the meat of the water chestnut remains crunchy even after ripening. What's more, many studies have linked ferulic acid to a lower risk of multiple cancers. In a test-tube study, scientists found that treating breast cancer cells with ferulic acid helped suppress their growth and promote their death (14). Other test-tube studies have found that ferulic acid helped suppress the growth of skin, thyroid, lung and bone cancer cells (15, 16, 17, 18). It is likely that the anti-cancer effects of water chestnuts are related to their antioxidant content. Cancer cells rely on a large amount of free radicals so that they can grow and spread. Since antioxidants help neutralize free radicals, they can compromise cancer cell growth (19, 20). That said, most of the research on water chestnuts and cancer is based on test-tube studies. More human-based research is required before giving recommendations. Summary the flesh of water chestnuts is very high in ferulic acid, an antioxidant that has been linked to oxidative stress and a lower risk of cancer. Water chestnuts are a common delicacy in Asian countries. They are highly versatile and can be enjoyed raw, steamed, fried, grilled, spicy or candied. For example, water chestnuts are often peeled and either chopped, sliced or grated in dishes such as stir-fries, omelettes, chopped suki, curry and salads among others They can be enjoyed fresh even after washing and peeling, as they contain crispy, sweet, apple-like meat. Interestingly, the meat continues to stay crisp even after Or frying. Some people choose to use dry and groundwater chestnuts as flour substitutes. This is because the starch contains more water chestnuts, which makes them a great thick (1). Water chestnuts can be purchased fresh or canned from Asian food stores. Summary water chestnuts are incredibly versatile and easy to add to your diet. Try them fresh or cooked in stir fries, salads, omelettes and more. Water chestnuts are aquatic vegetables that are nutritious and tasty. They are a great source of antioxidants and other compounds that can help prevent age-related diseases, such as heart disease and cancer. Water chestnuts are also highly versatile and can be added to a variety of dishes. Try adding chestnuts of water to your diet today to take their health benefits. Benefits.