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# Azúcar de palma

De Wikipedia, la enciclopedia libre



Tres dulces de azúcar de palma producidos comercialmente, con forma de concha marina.

El **azúcar de palma** se hacía originalmente a partir de la [savia](#) rica en [azúcar](#) de la [palmera](#), la [palma datilera](#) o la [palma datilera silvestre](#). Actualmente se hace también a partir de savia de [sagú](#), [azucarera](#) o [cocotero](#).

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## Descripción

El sabor del azúcar de palma cocotera pura recuerda al del [azúcar moreno](#). En cocina tiene un punto de fusión muy bajo, ardiendo a temperatura extremadamente alta, lo que lo hace adecuado para repostería.

Hay varios tipos de azúcar de palma cocotera disponibles en el mercado. El presente en los mercados tailandeses no suele ser puro al 100%, sino estar mezclado con [azúcar de caña](#) blanca y también con [azúcar de malta](#). En la cocina tailandesa, el azúcar de palma y de cocotero (*nahm dtahn bpeep/buk* y *nahm dtahn maprao*) se usan indistintamente. Según Kasma Loha-unchit:

Aunque los nombres se usan indistintamente, el azúcar de palma y el azúcar de cocotero no son lo mismo. Uno procede de la palma de azúcar y el otro de la palmera cocotera, produciéndose ambos de la savia dulce y acuosa que brota de los capullos de flores cortados.<sup>[1]</sup>

En Indonesia, el azúcar hecho de palmera [Borassus](#) se conoce como *gula jawa* ('azúcar javanesa') o *gula merah* ('azúcar roja').

## Uso

Aunque el azúcar de coco ha sido desde hace mucho un ingrediente básico en la cocina tradicional y la medicina herbal del sureste asiático, este edulcorante natural ha evolucionado hasta una alternativa al azúcar de caña práctica y fácil de usar. El azúcar de palma cocotera tiene un [índice glucémico](#) extremadamente bajo, un contenido nutricional muy alto y un precio asequible tanto para consumidores como para fabricantes, que lo usan para elaborar galletas, pasteles, proteína en polvo, barras energéticas y otros productos habitualmente producidos con azúcar de caña.

El azúcar de palma se usa a menudo para endulzar comidas saladas, equilibrando el sabor salado del pescado. Su uso principal en la cocina tailandesa es en dulces y postres, y algo menos frecuentemente en curris y salsas.

Los hindúes tienen dos variedades de azúcar de palma. Una es refinada en forma de bloques duros de azúcar moreno oscuro, y se llama *karuppatti* en tamil. En Kerala se denomina *karipotti* y se emplea para elaborar café. Se usa para endulzar ciertos tipos de pasteles y galletas. En Bengala Occidental también hay variante en forma de *jaggery* de palma datilera, disponible como líquido marrón oscuro (*nolen* o *notun gur*) y como bloque sólido marrón oscuro (*patali gur*). Se usa para preparar postres a base de leche.

La otra variedad es refinada y se encuentra en gránulos de azúcar cristalizado. Se conoce como *panam karkandu*. Se emplea en medicina, para tratar dolencias de garganta.

## Fabricación

El azúcar de palma se hace practicando varios cortes en el capullo de una palmera y recogiendo la savia. Ésta se cuece hasta que espesa, depositándose entonces tradicionalmente en tubos de bambú de unos 7,5 a 12 cm de largo, dejándola solidificarse para obtener bloques cilíndricos. Alternativamente, puede verterse en tarros de cristal o bolsas de plástico.

## Propiedades nutricionales

Respecto a otros edulcorantes disponibles comercialmente, el azúcar de palma cocotera es muy rico en macro y micro nutrientes.

## Notas

- ↑ Loha-unchit, Kasma (2000). «[Exploring Thai Food & Culture: Palm & Coconut Sugar](#)».

## Enlaces externos

- [Visión general del proceso de creación del azúcar de palma](#) (inglés)
- [Azúcar de palma, una buena alternativa al azúcar de caña](#) (inglés)
- [Información nutricional del azúcar de palma](#) (inglés)

Obtenido de "[http://es.wikipedia.org/wiki/Az%C3%BAcar\\_de\\_palma](http://es.wikipedia.org/wiki/Az%C3%BAcar_de_palma)"

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## Palm Sugar



### WHAT IS PALM SUGAR?

Palm sugar is a natural sweetener made from the sap of [palm trees](#).

When the palms are from 15 to 20 years old they commence flowering and it is only then that they yield the sweet sap from which palm sugar is made.

Palm neera tappers have to be extremely agile to shin up palm trees with only a circle of rope around their ankles for support. The sap flows when the inflorescence is tapped but first it must be beaten (gently) with a mallet for a couple of days. A small slice is taken off the end and a receptacle (usually an earthenware pot or gourd) hung close to the cut to collect the sap each night. The sap is known as 'sweet toddy' and for those lucky enough to be around when this is brought in, has a taste of ambrosia. The fresh sweet palm neera is boiled down shortly after collection to make palm syrup and palm sugar. If this is not done, within a few hours the 'sweet toddy' ferments into a sour, potent brew called toddy, a very intoxicating drink. It is the 'cheap grog' of tropical lands and is not fit to drink the next day.

To concentrate the nectar into solid sugar, the fresh juice is boiled down and evaporated before being poured into bamboo sections to form cylindrical shapes, or into coconut shells so they emerge as large shallow hemispheres, or into small baskets woven of palm leaves. In this form, the sugar has to be scraped or chipped from the rather hard block. This gur, as it is called in India, or jaggery as it is known in Sri Lanka and Burma, gula melaka in Malaysia or gula jawa in Indonesia, is used on a daily basis in these countries as a sweetener. There is no identical Western counterpart, but there are substitutes which give a reasonable flavour likeness. Palm sugar is sold in rounded cakes, cylinders, blocks or large plastic or glass jars. This sugar, even when soft, can be extremely dense and very sticky.

## Palm Tree



Palm tree was originally found in Africa from where it spread to India and other eastern countries. It is found in Africa, Asia, South America and Australia. At present, there are about 7 to 8 crore palm trees in India, half of which are located in the state Tamil Nadu, which celebrates this tree as its state tree!

Though it is a tree which grows in dry land, it can grow in sea shores, plains, valleys and in hills upto an altitude of 2500 feet above sea level.

In India, especially in the southern part, for many thousands of years, Palm tree has played a major role in agriculture and handicraft. From its root to pith to its tender leaves each part has immense use.

A Tamil poem called '*Thalavilasam*' written by *Thirukudanthai Arunachalam*, portrays the 801 uses of this tree, which shows how elaborately this tree has influenced ancient India!

Palm sugar was one of the important export item from India a few centuries ago when the East India Company was functioning in India.

Till, about 150 years ago, until British induced the influx of white cane sugar, palm sugar was the staple sweetener used by Indians. Because of Palm Sugar's rich calcium, iron and vitamins, the bone strength and general health of people was good. After the change in this food habit, the Indian population fell into severe malnutrition and anemia. Today every 3rd malnourished child is an Indian child. 3 out of 5 Indian women living in village is anemic.

Drinking Palm Neera used to be the breakfast of Indians during the flowering season of the tree. Looking at the nutrition it adds everyday, off the flowering season, people didn't want to lose the advantage. So they condensed palm neera into palm sugar and started consuming everyday with hot and cold drinks like 'paanagam'. In many places the habit of eating a bit of palm sugar before drinking water everyday existed! (My own grandma maintained this habit everyday till she died at the age of 85 and her general health especially her bone and denture health was amazing! She didn't lose her teeth till 80 years of age!)

Palm tree takes minimum 15 to 20 years to give benefit. There is an ancient Tamil saying which says that a person who plants palm tree is mature enough to think about his next generation, as not much of the benefit he could reap in his life time. Since crores of palm trees exist and existed in India which talks about the compassionate culture people lived here with.

On special occasions, the kings of ancient Tamil kingdoms adorned themselves with particular flowers. The Cheras who ruled Tamil Nadu for a longer period of time, decorated themselves with flowers of Indian Palm Tree (Palmyra) (*Borassus flabellifer*) which is known in Tamil as 'pondhail' or 'panam poo'.

In fact the 'sura' and 'soma' drink referred in many ancient Indian scripts are nothing but the

intoxicating drink extracted from the male and female palm trees!

## Powdered Organic Palm Sugar



After intense research, we are proud to present **Powdered Organic Instantly dissolvable [Palm Sugar](#)**.

**Quite simply, powdered Palm Sugar.. is completely natural, a healthy sweetener, devoid of chemical additives and a viable alternative for white sugar.**

The following are *advantages* of palm sugar when compared with other (natural) sweeteners and [other forms of Palm Sugar](#):

1. Easily and **instantly dissolvable** in any liquid or semi liquid.
2. **Easy to measure**.
3. **Not sticky**, no need for scrapping or meltingk, **easy to use**.
4. Carries all nutrition of the sweet sap of palmyra.
5. Powdered palm sugar retains [high nutritional value](#). It has Thiamine (Vit-B),Riboflavin (Vit-B),Nicotinic Acid (Antipallagara Vitamin),Ascorbic Acid (Vit-C) and minerals like **calcium, phosphorous** and **iron**.
6. Ecobuddy palm sugar powder is **organic**, it is made from organically grown palm trees.
7. Easy to store.Doesn't go bad even stored for years together when stored in air tight containers.**Does not need refrigeration**.
8. Because of it's unique taste, it acts as more than as just a sweetener.It adds flavor to the recipe.Some Indian,Srilankan and thai **recipes specifically require palm sugar**.
9. it does not contain any harmful substances or coloring agents. No chemicals are used during powdering nor is any bleaching involved as in the case of white sugar.
- 10.It is traditionally believed to have medicinal qualities.Regular use will prevent calcium deficiency and anemia. Traditional indian medicine uses palm sugar as a **medicinal product**.
- 11.It carries **lesser calorie** than white sugar and many other sweeteners.
- 12.Unlike sugar cane, palm doesn't need much water to grow. Its good for the world's economy to get atleast some part of its sweetening requirements from dryland areas.It **sustains the life** of people who live there and also leaves some part of wet land available for production of other kinds of food.

## Comparison with other Commercially available forms of Palm Sugar

Palm Sugar is commercially available in 3 forms:

1. **Hard block form:**  
This is the most commonly available form and the least usable. It is usually hardened palm sugar available on plastic containers. To use the sugar you'll have to scrap away on the block until you have enough for your particular purpose.
2. **Semi-liquid form:**  
This is not easily available and storage is always an issue since it is highly susceptible for the formation of fungus.
3. **Crystallised form:**  
Many nutrients are lost during crystallisation, and the resultant form is hard and time consuming to dissolve. This is also made available in granulated form.
4. **Powdered form:**  
The Powdered Organic Palm Sugar is available only through us. This is a unique product and has never been commercially available. Palm Sugar in this form has many [advantages](#) over any other.

## Powdered Palm Sugar: Nutritional value Test Results



Powdered palm sugar retains high nutritional value. Here are the detailed lab results from a test of powdered palm sugar.

Powdered Palm Sugar (per 100 g)	
Calcium	660 mg
Iron	13.23 mg
Phosphorus	0.042 %
Vitamin A	85.91 IU
Vitamin C	15.09 mg
Vitamin B <sub>1</sub>	19.13 µg
Vitamin B <sub>2</sub>	195 µg
Vitamin B <sub>3</sub>	1.11 mg
Vitamin B <sub>6</sub>	0.46 mg

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## **Earth Shift Products Palm Sugar**

Uses: 1:1 replacement to cane sugar in most applications; perfect as a sweetener in smoothies, shakes, spreads, cereals, energy bars, and deserts of all kinds.

Our Organic Evaporated Coconut Palm Sugar is cultivated from the Indonesian island of Java. It is derived from the sweet nectar of the sugar blossoms that grow at the top of the tropical coconut palm tree (*Cocos Nucifera*). Traditional local farmers climb high into the canopy of swaying coconut trees and harvest this sweet nectar by gently slicing open the flower. This nectar is then converted into its traditional crystalline form in traditional sugarhouses that allow for small batch Coconut Palm Sugar production.

Our Coconut Palm Sugar is naturally low on the Glycemic Index (GI), which is often important to those who are concerned about weight control and diabetes. Coconut Palm Sugar is rated as a GI 35. In comparison, most honey is GI 55 and Cane Sugar is GI 68. Coconut Palm Sugar has been known to deliver a slow release of energy, which sustains the human body through your daily activities without experiencing the "highs" and "lows" so often associated with cane sugar. Coconut Palm Sugar also has a nutritional content far richer than any other commercially available sweeteners. It is particularly high in Potassium, Magnesium, Zinc and Iron. It is also a natural source of vitamins B1, B2, B3, B6 and C.

Our Palm Sugar can be used as a 1:1 replacement to cane sugar in most applications. It has a very low melt temperature, a tremendously high burn temperature, and it dissolves in water, making it extremely versatile. It is perfect as a sweetener in smoothies, shakes, spreads, cereals, energy bars, and deserts of all kinds. Palm sugar is also the perfect complement to all of our Cacao products for both nutrition and taste.

Information and statements regarding organic food processing, a Raw Food Diet and Superfoods have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease or health condition.



# COCONUT PALM SUGAR

Nature's Perfect Sweetener™



## Nutritional Information

### Macro-Micro Nutritional Information:

The [Philippine Food and Nutrition Research Institute](#) released the following information about their analysis of nutritive values found in coconut palm sugar. The original comparison only contained Coconut Nectar, Brown Sugar and Refined White Sugar. To provide a broader comparative analysis, we included Light Agave Syrup, Honey and Maple Syrup. We realize that all of these sweeteners, including Coconut Palm Nectar, are agricultural products which means this data can change from product to product, batch to batch, season to season, region to region. This information is based on averages that we obtained from publicly available databases, primarily found on the internet. Our posted analysis is a genuine effort to provide consumers with an authentic comparison, yet we urge all consumers to conduct their own research in order to feel confident about anything going into their bodies.

Macro-nutrients (mg / 100gm)	Coconut Palm Sugar	Agave Syrup	Honey	Maple Syrup	Brown Sugar	Refined, White Sugar
Nitrogen (N)	202	NA	NA	NA	10	0
Phosphorus (P)	79	7	4	2	3	0
Potassium (K)	1,030	1	52	234	65	2.5
Calcium (Ca)	8	1.5	6	67	24	6
Magnesium (Mg)	29	1	2	14	7	1
Sodium (Na)	45	1	4	9	2	1
Chloride (Cl)	470	NA	NA	NA	16	10
Sulfur (S)	26	NA	NA	NA	13	2
Boron (B)	0.6	NA	NA	NA	0	
Zinc (Zn)	2	0.2	0.2	4.2	.2	0.1
Manganese (Mn)	0.1	0.1	0.1	3.3	.2	0
Iron (Fe)	2	1	0.4	1.2	1.26	0.1
Copper (Cu)	0.23	0.1	0	0.1	0	0
Thiamine	0.41	0	0	0	0	0
Vitamin C	23.4	0.5	0.5	0	0	0

Sources: COMPARISON OF THE ELEMENTAL CONTENT OF 3 SOURCES OF EDIBLE SUGAR - Analyzed by PCA-TAL, Sept. 11, 2000. (MI Secretaria et al, 2003) in parts per million (ppm or mg/li).  
[www.nutritiondata.com](http://www.nutritiondata.com)

### Health Attributes of Palm Sugar Nutrients:

**Macro-nutrients****Health benefits provided by these nutrients**

Nitrogen (N)	<i>help treat cardiovascular diseases</i>
Phosphorus (P)	<i>important for bone growth, kidney functions and and cell growth</i>
Potassium (K)	<i>reduces hypertension, helps regulate blood sugar; helps control cholesterol levels and weight</i>
Calcium (Ca)	<i>vital for strong bone and teeth, and for muscle growth</i>
Magnesium (Mg)	<i>essential for metabolism, nerves and stimulates the brain (memory)</i>
Sodium (Na)	<i>plays a key role in the functioning of nerves and muscles</i>
Chloride (Cl)	<i>corrects the pressure of body fluids and balance the nervous system</i>
Sulfur (S)	<i>important for healthy hair, skin and nails, also helps maintain oxygen balance for proper brain function.</i>
Boron (B)	<i>essential for healthy bone and joint function, enhances body's ability to absorb calcium and magnesium</i>
Zinc (Zn)	<i>called the "nutrient of intelligence" is necessary for mental development</i>
Manganese (Mn)	<i>has antioxidant, free-radical-fighting properties, is important for proper food digestion and for normal bone structure</i>
Iron (Fe)	<i>vital for the quality of blood, mental development and the immune system</i>
Copper (Cu)	<i>helps to release energy, helps in melanin production in the skin, helps in the production of red blood cells and aid in the absorption and transport of iron.</i>

Nutrition Facts			
Serving Size 1 cups (4g)			
Servings Per Container 113			
Amount Per Serving			
Calories	15	Calories from Fat 0	
% Daily Value*			
Total Fat	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	9mg	0%	
Total Carbohydrate	4g	1%	
Dietary Fiber	0g	0%	
Sugars	3g		
Protein	0g		
Vitamin A	0%	•	Vitamin C 0%
Calcium	0%	•	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat	9	•	Carbohydrate 4
		•	Protein 4