

Apricots



The apricot was originally domesticated in China but is now cultivated on every continent except Antarctica. Archaeological evidence shows that apricots were eaten in ancient Armenia, and they were first introduced to the New World in the early 18th century by Spanish missionaries in California.

The Apricots are closely related to peaches, almonds, plums, and cherries. Apricots are cultivated throughout the temperate regions of the world, especially in the Mediterranean. They are eaten fresh or cooked and are preserved by canning or drying. The fruit is also widely made into jam. Apricots are a good source of vitamin A and are high in natural-sugar content. Dried apricots are an excellent source of iron.

Health benefits of apricots

- Fresh fruits are low in calories, composing just 50 calories per 100 g weight. Nonetheless, they are rich source of dietary fiber, antioxidants, vitamins, and minerals. The fruits are enriched with numerous health promoting phyto-chemicals; that helps prevent heart disease, reduce LDL, ("bad cholesterol") levels and offer protection against cancers.
- Apricots are excellent sources of vitamin-A, and carotenes.
- Fresh fruits contain vitamin-C, another natural anti-oxidant.
- They are an also good source of minerals such as potassium, iron, zinc, calcium and manganese.

<http://www.britannica.com/plant/apricot>

<http://www.nutrition-and-you.com/apricot.html>