

## EVALUATION OF THE NUTRITIONAL VALUE OF ACACIA HONEY WITH NUTS

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### Abstract

Bee honey has been present in human nutrition since ancient times, having a superior nutritional value. The nutritional value of honey consists primarily in its richness in sugars (70-80%), from this point of view, being a food energetic par excellence. This paper aims to analyze the assortment of acacia honey with the addition of nuts from a qualitative and nutritional point of view. The content of protein, fat, carbohydrates and the energy value of the obtained product will be determined. The mixture of acacia honey and walnut ideally combines the properties of the two foods, thus obtaining a product with a high nutritional value.

### • Introduction

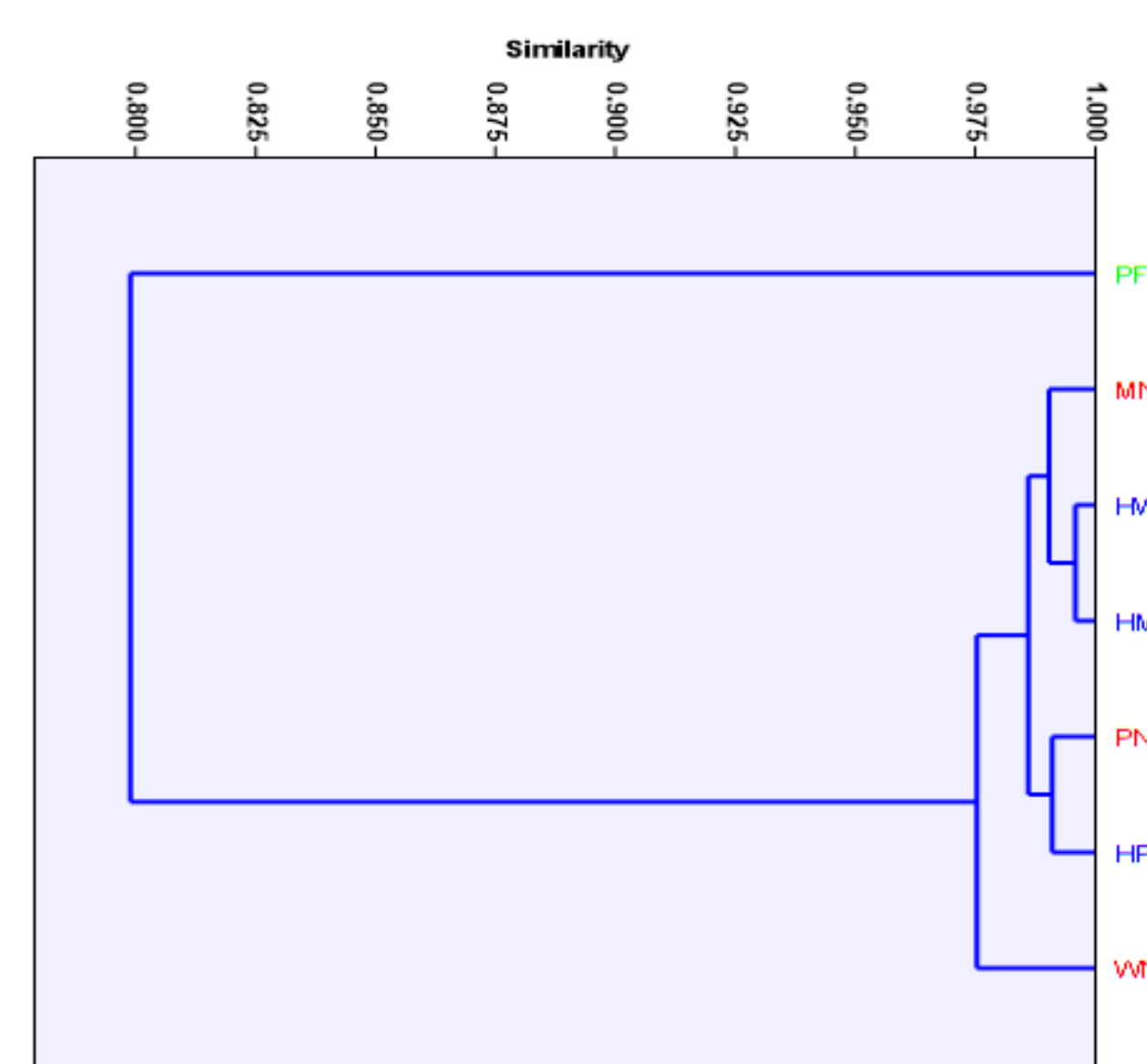
The study aims to compare the nutritional value of various nuts when introduced in Acacia honey. It was conducted a comprehensive analysis of different nuts incorporated into Acacia honey to determine their respective nutritional profiles. The study assessed parameters such as macronutrient composition, micronutrient content, and overall health benefits provided by each nut-honey combination.

### • Material and method

To conduct the study, samples of Acacia honey were collected and divided into several groups, with each group containing a different type of nut. Common nuts used in the study included walnuts, cashews, pekan nuts and macadamia nuts. The nuts were carefully selected based on their availability, popularity, and diverse nutritional profiles. There were employed various analytical techniques to evaluate the nutritional composition of each nut-honey combination. These techniques included measuring the content of minerals, carbohydrates, fats, and proteins and antioxidants. Additionally, the study examined specific health benefits associated with the different nut-honey combinations.

### • Results and discussions

Introducing nuts in honey can add variety and enhance the flavor and texture of the honey. Nuts provide a satisfying crunch and a rich, nutty flavor that can complement the sweetness of honey. Also, Combining nuts and honey can open up numerous culinary possibilities. The mixture can be used as a topping or filling for various desserts like cakes, pastries, or ice cream. It can also be added to breakfast dishes like yogurt, oatmeal, or pancakes, providing a delicious and nutritious twist. Figure 1 shows the differences provided by the different nutritional profiles of mixtures. HWN and HMN form a cluster behaving differently from HPN, proving that HWN (honey with Romanian walnuts) offers a very rich mineral and vitamins composition



**Legend:** WN= Walnuts; MN= Macadamia Nuts; PN= Pecan Nuts; PFH= Polyfloral Honey; HWN= Honey with Walnuts; HMN= Honey with Macadamia Nuts; HPN= Honey with Pecan Nuts;

### Conclusions

1. Nuts are a great source of healthy fats, protein, vitamins, and minerals. By combining them with honey, its created a nutrient-dense food that provides a balance of carbohydrates, proteins, and fats. This combination can offer sustained energy and contribute to a well-rounded diet. Honey with nuts is often seen as a gourmet or specialty product.
2. The addition of nuts can elevate the overall quality and perceived value of the honey, making it an attractive option for those seeking unique and premium food experiences.