FRUITS & VEGGIES

Black Garlic Is An Antioxidant Power-bomb: It Helps Boost The Immunity And Balance The Blood Sugar

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Once, black garlic could be found in specialty markets and menus of high-end restaurants only. However, nowadays, things have changed and this veggie has become a common part of people's daily diets as a way to boost the flavour of meals and supply the body with nutrients.

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Black garlic actually shares a lot of the benefits of regular garlic, from maintaining the cognition to keeping the heart healthy. But, they are not one and the same. Black garlic is richer in antioxidants than regular garlic and has a different texture, aroma, and taste.

It is a versatile, easy to make, and versatile food ingredient. Therefore, the sooner you add it to your diet, the better!

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Black Garlic Explained

Did you know that black garlic is made by allowing regular garlic to age in specific temperatures for a period of three to four weeks? This is the period when the Maillard reaction takes place.

This is a chemical process between amino acids and reducing sugars. This gives the garlic a dark color, but a chewy texture and specific aroma and flavour too. And, it elevates the amount of nutrients as well.

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Black garlic's taste is described as tangy with a balsamic flavour and it goes great in sweet and savoury dishes. People combine it with different ingredients, from meats to desserts.

You can also make it at home. You need fresh garlic and a rice cooker to start reaping its benefits today.

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The Potent Antioxidant Power of Black Garlic

Black garlic is rich in antioxidants- compounds that are highly beneficial for our health. Namely, they neutralize free radicals and avert oxidative stress and cell damage. Research also points out that these compounds lower the chance for some chronic illnesses, including diabetes, cancer, and coronary heart disease.

Some studies suggest that black garlic contains even more antioxidants than regular garlic. So, what are you waiting for? Start consuming it now!

Other Amazing Health Benefits of Black Garlic

- **Fights off cancer**

Thanks to its antioxidant capacity, black garlic may help avert cancer by blocking the free radical deposits and prevent the spread of cancerous cells in the body.

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- **Betters the health of the heart**

Black garlic may boost the health of the heart. This is done through its cardioprotective capacities that decrease heart damage.

- **Optimizes the cognition**

Black garlic is good for the brain, same as regular garlic. Because of its antioxidants, it can reduce inflammation and help avert cognitive diseases like Parkinson's, Alzheimer's, and dementia.

- **Balances the blood sugar**

Adding this veggie to your diet may be a beneficial way to balance your blood sugar levels. Therefore, it is a great food for diabetics or people who want to prevent blood sugar problems.

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- **Strengthens the immunity**

The immune system needs to work optimally to keep you healthy. It fights off diseases and infections. The antioxidants in this garlic will strengthen your immune system by fighting against free radicals, lowering the inflammation, and minimising oxidative damage.

Sources:

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