



Pomegranate seeds dried Data sheet

Dried pomegranate seeds are the dehydrated arils of the pomegranate fruit. They have a distinctive sweet and sour, tangy flavor and a sticky, chewy texture. Pomegranate powder is the finely ground version of these seeds.

Chinese name	石榴皮, 石榴籽, 石榴, shí liú, shí liú pí
English name	Dried Pomegranate Seeds (Anardana), Pomegranate Powder (Anardana Powder)
Binomial name	<i>Punica granatum</i>
Arabic Name	Rumman Mujafaf, dried pomegranate, Dibs Rumman
India Name	Anardana, Anar Dana, Dalimbache dane, Dadam no bi
Persian Name	Anar-e khoshk, dried pomegranate
Turkish Name	pomegranate sauce or molasses, Nar Ekşisi
Russia Name	sukhoy granat
Spanish Name	ranada seca
German Name	getrocknete Granatapfelkerne
French Name	Graines de grenade séchées
Italian Name	melograno essiccato

Pomegranate Scientific classification

Kingdom:	Plantae
Clade:	Tracheophytes
Clade:	Angiosperms
Clade:	Eudicots
Clade:	Rosids
Order:	Myrtales
Family:	Lythraceae
Genus:	<i>Punica</i>
Species:	<i>P. granatum</i>

Product Origin: Typically Iran, India, Afghanistan, or other regions where pomegranates are cultivated.

Physical and Sensory Properties

Appearance

Whole Seeds: Varies from a reddish-pink to dark brownish-red. The seeds are shriveled and hard.

Powder: Light to dark brownish-orange color, with a fine, powdery texture.

Pomegranate sauce:

Odor: Characteristic fruity and tangy aroma, free from foreign or off-odors.

Taste: Sweet and sour, fruity, and tangy. The intensity of the flavor can vary based on the specific pomegranate variety.

Moisture Content: Typically less than 10%, often around 5-8% to ensure a long shelf life.

Foreign Matter: Maximum 1-2%, as per quality standards.

Bulk Density: Can range from 200-400 gm/liter for whole seeds, depending on moisture content and compaction.

Nutritional Information (per 100g)

Energy: 200-300 kcal Carbohydrates: 50-70g

Fat: 1-5g Dietary Fiber: 10-25g

Protein: 2-7g Sugars: 20-50g

Pomegranate seeds Vitamins and Minerals

Vitamins	Quantity	%DV†
Thiamine (B1)	0.067 mg	6%
Riboflavin (B2)	0.053 mg	4%

Niacin (B3)	0.293 mg	2%
Pantothenic acid (B5)	0.377 mg	8%
Vitamin B6	0.075 mg	4%
Folate (B9)	38 µg	10%
Choline	7.6 mg	1%
Vitamin C	10.2 mg	11%
Vitamin E	0.6 mg	4%
Vitamin K	16.4 µg	14%
Minerals	Quantity	%DV†
Calcium	10 mg	1%
Iron	0.3 mg	2%
Magnesium	12 mg	3%
Manganese	0.119 mg	5%
Phosphorus	36 mg	3%
Potassium	236 mg	8%
Sodium	3 mg	0%
Zinc	0.35 mg	3%
Other constituents	Quantity	
Water	78 g	

Vitamin C: Varies greatly depending on the drying method.

Key Bioactive Compounds: Punicic acid (a type of conjugated linolenic acid), ellagitannins, polyphenolic compounds.

Microbiological and Chemical Specifications

E. coli: Absent in 25g Total Plate Count: NMT (Not More Than) 10,000 cfu/g

Salmonella: Absent in Yeast and Mold: NMT 1,000 cfu/g

Sulphur Dioxide (SO₂): Max. 500ppm (if used as a preservative)

Packaging, Storage, and Shelf Life

Packaging: Typically food-grade, airtight bags, pouches, or containers (e.g., PP bags, cardboard boxes).

Storage Conditions: Store in a cool, dry place, away from direct sunlight and heat.

Shelf Life: 12-24 months when stored properly in an unopened package.

Allergens

Often includes a warning if processed in a facility that also handles common allergens such as peanuts, tree nuts, soy, or wheat.

Certifications

KOSHER SO 22000 (Food Safety Management)

HALAL USFDA (US Food and Drug Administration) compliance.

Synonyms

Dried pomegranate, Dried Pomegranate Seeds, Pomegranate Dried, Pomegranate Dehydrated, Pomegranate Desiccated, Pomegranate Sun-dried, Pomegranate flakes, Pomegranate Powders, Anardana Dried, Anardana Dehydrated, Anardana Desiccated, Anardana Sun-dried, Anardana powder, Pomegranate seeds dried, anardana, Whole Dried Arils (Anardana), Dried Pomegranate Powder, Pomegranate Powder (Anardana Powder), Freeze Dried Pomegranate, Pomegranate sauce, Punica granatum seed, Pomegranate juice, Pomegranate molasses, pomegranate soup, Freeze-dried pomegranate powder, Pomegranate paste, Dried vegetables, Dehydrated vegetables, Desiccated vegetables, Dried produce, Vegetable flakes, Vegetable pieces, Vegetable dices, Sun dried vegetables, Freeze-dried vegetables, Vegetable Powders, Soup mixes, Dried fruits.

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