

Red currants
Ribes rubrum

Black currants
Ribes nigrum

- ❖ Cultivated berries.
- ❖ Our berries come from regions in Scandinavia, Baltic and Poland.
- ❖ Flowers bloom in May/June and the berries are ripe in July/August
- ❖ Very popular to use for jams, different compotes and liqueurs. The leaves are often used for tea making
- ❖ Currants are rich in C vitamins. The black currants are also rich in antioxidants.
- ❖ We can offer berries and concentrate, and black currants as organic certified.



Red currants

	Unit	
Weight	g	100
Energy (kJ)	kJ	<u>203</u>
Energy (kcal)	kcal	49
Protein	g	<u>1,2</u>
Fat	g	<u>0,2</u>
Carbohydrate	g	<u>8,7</u>
Fibres	g	<u>3,4</u>
Ash	g	<u>0,5</u>
Water	g	<u>86,0</u>
Fat-soluble vitamins		
β-Carotene	µg	<u>18</u>
Vitamin E	mg	<u>0,80</u>
Water-soluble vitamins		
Riboflavin	mg	<u>0,02</u>
Vitamin C	mg	<u>134</u>
Vitamin B6	mg	<u>0,04</u>
Folate	µg	10
Minerals		
Phosphorus	mg	<u>35</u>
Iron	mg	<u>0,80</u>
Calcium	mg	<u>43</u>
Potassium	mg	<u>260</u>
Magnesium	mg	<u>14</u>
Sodium	mg	4
Zink	mg	<u>0,20</u>

Black currants

	Unit	
Weight	g	100
Energy (kJ)	kJ	<u>323</u>
Energy (kcal)	kcal	77
Protein	g	<u>1,4</u>
Fat	g	<u>1,3</u>
Carbohydrate	g	<u>11,5</u>
Fibres	g	<u>7,1</u>
Ash	g	<u>0,9</u>
Water	g	<u>77,9</u>
Fat-soluble vitamins		
β-Carotene	µg	<u>103</u>
Vitamin E	mg	<u>1,45</u>
Water-soluble vitamins		
Riboflavin	mg	<u>0,02</u>
Vitamin C	mg	<u>150</u>
Vitamin B6	mg	<u>0,17</u>
Folate	µg	21
Minerals		
Phosphorus	mg	<u>72</u>
Iron	mg	<u>0,67</u>
Calcium	mg	<u>70</u>
Potassium	mg	<u>367</u>
Magnesium	mg	<u>24</u>
Sodium	mg	2
Zink	mg	<u>0,30</u>

Sources:

- <http://linnaeus.nrm.se/flora/di/rosa/rubus/rubufu.html>
- <http://linnaeus.nrm.se/flora/di/grossularia/ribes/ribenig.html>
- http://sv.wikipedia.org/wiki/R%C3%B6da_vinb%C3%A4r
- http://sv.wikipedia.org/wiki/Svarta_vinb%C3%A4r
- <http://en.wikipedia.org/wiki/Redcurrant>
- <http://en.wikipedia.org/wiki/Blackcurrant>
- <http://www7.slv.se/Naringssok/Naringsamnen.aspx>