

PRODUCT INFORMATION

Product: 1) Honey Coffee (RD1004067/03) 2) Honey Habatussauda Coffee (RD13042697/02)

Honey can contains up to 18 of the 20 amino acids. However, amino acid content is almost negligible in honey, accounting for only 0.05–0.1% of the composition. The main acid is proline.

Organic acids comprise most of the acids in honey, accounting for 0.17–1.17% of the mixture. Gluconic acid is the most prevalent. Gluconic acid is formed by the actions of an enzyme called glucose oxidase. Other organic acids are minor, consisting of formic, acetic, butyric, citric, lactic, malic, pyroglutamic, propionic, valeric, capronic, palmitic, and succinic, among many others.

Nutrition

Honey is a mixture of sugars and other compounds. With respect to carbohydrates, honey is mainly fructose (about 38.5%) and glucose (about 31.0%), making it similar to the synthetically produced inverted sugar syrup, which is approximately 48% fructose, 47% glucose, and 5% sucrose. Honey's remaining carbohydrates include maltose, sucrose, and other complex carbohydrates. As with all nutritive sweeteners, honey is mostly sugars and contains only trace amounts of vitamins or minerals. Honey also contains tiny amounts of several compounds thought to function as antioxidants, including chrysin, pinobanksin, vitamin C, catalase, and pinocembrin. The specific composition of any batch of honey depends on the flowers available to the bees that produced the honey.

Typical honey analysis:

- Fructose: 38.2%
- Glucose: 31.3%
- Maltose: 7.1%
- Sucrose: 1.3%
- Water: 17.2%
- Higher sugars: 1.5%
- Ash: 0.2%
- Other/undetermined: 3.2%

Its glycemic index ranges from 31 to 78, depending on the variety. Honey has a density of about 1.36 kilograms per litre (36% denser than water).