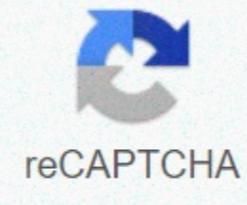




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Dates fruit in spanish

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tango04.info fruit in the first place! (no 'fechas' nor 'meeting')
For Argentines out there: is there a date palm in Argentina? This looks like a 'higo' variety but this is 'fig', even I thought it was something like a 'pass' but there is still no hint, but the taste is very familiar! Planning to travel to a Spanish-speaking country close to the equat and enjoy tropical fruits? If you do this, or if you plan to shop anywhere Spanish-speaking, this list of Spanish words for fruit will come in handy.
Apple — la manzanaApricot — el damasco, el albaricoqueAvocado — el aguacateBanana — el plátano, la bananaBlackberry — la mora, la zarzamoraBlackcurrant — la grosella negraBlueberry — el arándanocamu camu — el camu camuCaCantaloupe — elónCherimoya — la chiorimya — la cerezaCitron — elcidro el sitrón, la toronjaCoconut — el cocoCucumber — el pepinoCranberry — el arándano agrioDate — el dátílFig — el higoGalia — el melón galiaGooseberry — el melsella espinosaGrape — la uva (Raisin or raisin flour rust or una uva pasa.) Grapefruit — el pomelo, la toronjaGuarana — la fruta de guaraná Honeydew melon — el melón tunaHuckleberry — el arándanoKiwi — el kiwiKumquat — el quinotoLemon — el limónLime — la lima, el limónLoganberry — la zarza, la frambuesaLychee — la lichiMandarin — la mandarinaMango — el mangoMelon — el melónMulberry — la moraNaranjilla — la naranjilla, el luloNectarine — la nektarinaOlive — la oliva, la aceitunaOrange — la naranjaPapaya — la papayaPassionfruit — la maracuyá, la parcha, la fruta de pasiónPeach — el durazno , el melocotónPear — la peraPersimmon — el caquiPineapple — la piña, el ananáPlantain — el plátanoPlum — la ciruelaPomegranate — la granadaPrickly pear — la tuna, el higo chumboQuince — el membrilloRaspberry — la frambuesaStrawberry — la fresa, la frutillaTamarind — el tamarindoTangerine — la mandarina, la mandgeraTomatillo — el tomatilloTomato — el tomateWatermelon — la sandía
Has local or regional names that are not understood outside many fruit fields.
English and Spanish words for certain fruits may not always be a complete match, because sometimes fruit can share a name of two similar types. For example, what is known in Spanish as un arándano is called Huckleberry, blackberries, blueberries and cranberries with several different names in English. A common source of confusion can resort to a lemon or lime depending on a limón region. Many fruit names are similar in English and Spanish, because of a common origin (such as Latin) or English spanish. The trees or fruit-producing plants lend a fruit name because sometimes they have distinctive names related to the fruit name. Some fruits have names that are understood only in certain places.
Cider — la sidra sin alcoholApple crispy, apple crumble — la manzana crujienteApple pasta — el pastel de manzanaCompote — la kompostoFruitcake — el pastel de frutaFruit cocktail — el cóctel de frutasFruit salad — la ensalada de frutasJam — la marmeladaJuice — el jugo, el zumoPeach cobbler — el pastel de durazno, tarta de duraznoStrawberry sundae — el sundae de fresa, el helado con fresas share the names of various fruits for one of two reasons in English and Spanish. Either his English name came in Spanish, or he got his name from a common source in English and Spanish. There are no fruits on this list where Spanish is derived from English, but kiwi, a word from the maori, has been adopted because of the U.S. influence in English. Here are the etymologies of several Spanish derived fruit names that we use in English:
Papaya: Spanish Arawak, West Indies took a native language papaya and spread to English through the shipping industry.
Pear: The English name of the fruit comes from Latin pera, Spanish. It is also called plantain: plantainin has two meanings: a fruit similar to a muza and a species of flat-leaved fish. Both are called plátano in Spanish. The words with the first meaning probably came to English with Spanish from the term inn from the West Indies, while the word in the second sense came indirectly from Greek.Tomatillo: in Spanish, Tomatillo is about dealing with the tiny suffix -illo. Other Spanish food words using this suffix include tortillas (omelets or tortillas, torta, cakes), mantequilla (some types of butter, manteca, lard or butter), and bolillo (bread roll, bola related, ball).
Tomatoes: Once upon a time, tomatoes were called a tomatate in English, the same as the Spanish name. Spanish, in turn, nahuatl, came from a native Mexican language, where the word tomatl was used. Tl end is a very common name in Nahuatl. Sources of some of the other fruit names include Italian (cantalupo and melon), Latin (pera and pear) and Arabic (naranja and orange). Although for words and bush árbol and arbusto, respectively, have names related to many fruit names that produce fruit. Here are some of them:
Apple tree — el manzanoBlackberry bush — la zarzaCherry tree — el cerezoGrapevine — la vid, la parraLemon tree — el limoneroOrange tree — el naranjoPear tree — el peralDomates vine — la rama de tomate
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Terms • Privacy • AdChoices • RSS • HelpAbout Answers • Community Guidelines • Leaderboard • Knowledge Partners • Points & LevelsSend Feedback • Everything you need to know about delicious Middle Eastern fruit...
Date! For nutritional information hints at storing different varieties. Dates are a bit of a mystery fruit. I first encountered them on a trip to Morocco which was also served with the most food. It's like you're buying a basket of bread from a restaurant in the U.S. But after a week of (not related dates) the game knocked me out of the food poisoning seizure, blocked all memories of Moroccan food from my brain, including dates. But when I landed in the world of cooking, especially the world of healthy cooking, I realized that I had to downplay dates. Because they are actually ... It's pretty great. So what are the dates? Great questions!
A date means a single seed surrounded by a stone fruit, an outer fleshy fruit (such as peaches, mangoes and olives). They are grown on palm trees, so often picture large bunches of history, where coconut invasion! And it go back a long way. According to the fossils, 50 million years ago. We humans quickly learned their magic in Mesopotamia, and since then we have remained popular in this region (Iraq, the Middle East, North África). Egypt today is the largest producer of dates, following in almost every Middle Eastern country. But of course, an ever-globalizing world means that almost everyone can get their hands on some delicious dates today. I found it in the bulk foods section, with produce, and bagged or boxed with stable foods on many other shelves of groceries. Choose dates that are bright, unbroken and not too difficult. If they're wrinkled, don't worry, it's normal!
History Varieties There are about a million and a variety of dates grown worldwide, but in the U.S. you will find mostly chubby and tender Medjool Dates. Then there's the fine History of Deglet Noor, the so-called Queen of History, how to Store Dates Store in an airtight container in the refrigerator (up to a year) or at room temperature (several months). How can they stay well for so long? Dates have the lowest content of any dehydr fruit, only 30%. meaning they are naturally thirsty! As they age, in history sugars will gradually move to the surface, forming white spots of small sugar. Don't worry, it's not mold.
Best Date Recipes Here are a few of our favorite date recipes! We love using it as a natural sweetener, as well as a sticky glue together to keep pastry crusts and cookies in no oven.
Medjool Date Nutrition Dates 4 Medjool per information (100g)
Calories: 277Carbohydrates: 75gFiber: 7g, 27% Daily Value (DV)Protein: 2gFat: 0g20% DV Potassium: Key minerals and electrolytes involved in numerous processes, including healthy nervous system functioning and contraction of the heart and muscles.15% DV Manganese: Healthy A trace element that plays a role in brain and nervous system function.14% DV Magnesium : It is a mineral that plays a major role in bone formation and care, as well as being part of more than 300 reactions in the body.14% Vitamin DV B6 (Pylyoxin): It is a water-soluble vitamin that works as coenzym in many important reactions in your body, including protein metabolism and red blood cell formation.
Written by Brianna Elliott, RD on March 21, 2018Tarihler is the fruit of the palm tree grown in many tropics of the world. Dates have become quite popular in recent years. Almost all dates sold in Western countries are dried. You can see if the dates are dried according to their appearance. A wrinkled skin shows that it has been dried, while a smooth skin shows its freshness. Depending on the variety, the size of the fresh dates is quite small and the bright red bright yellow color range. Medjool and Deglet Noor are the most frequently consumed varieties of dates. Dates are chewed with a sweet flavor. They are also high in some important nutrients and have a variety of advantages and uses. In this article, we will discuss eating dates and 8 health benefits to include in the diet. Dates have an excellent nutritional profile. Since they dry out, the calorie content is higher than most fresh fruits. The caloric content of dates is similar to other dried fruits such as raisins and figs (1). Most of the calories in dates come from carbohydrates. The rest comes from a very small amount of protein. Despite their calories, dates contain some important vitamins and minerals in addition to a significant amount of fiber. A 3.5-ounce (100-gram) serving provides the following nutrients (1):Calories: 277Carbs: 75 gramsFiber: 7 gramsProtein: 2 gramsPotasium: RDIMagnesium 20%: 1 RDIcopper 4%: RDIManaganez 18%: 15% of RDIIron: 5% of RDIVitamin B6: 12% of RDIDates are also high in antioxidants, health benefits (2). Summary Dates contain a variety of vitamins and minerals, fiber and antioxidants in addition. The calories are high because they are a dried fruit. Getting enough fiber is important for overall health. With almost 7 grams of 3.5-ounce servings of fiber, including diet dates, it is a great way to increase fiber intake (1). Fiber can benefit your digestive health by preventing constipation. Promotes regular bowel movements by contributing to the formation of feces (3). In one study, 21 people who consumed 7 dates per day for 21 days experienced improvements in the frequency of feces and experienced a significant increase in bowel movements compared to when they did not eat dates (4). Also, fiber on dates can be useful for blood glucose control. Fiber slows down digestion and can help prevent blood sugar levels from being too high after eaten (5). Therefore, dates are low glycemic index (GI), which measures how fast blood sugar rises after you eat a particular food (6). Summary Dates are high in fiber, which can be useful for preventing constipation and controlling blood sugar control. Dates provide a variety of antioxidants that have a number of health benefits to offer, including the reduced risk of various diseases. Antioxidants can cause harmful reactions in your body and lead to disease unstable molecules, protecting cells against free radicals (7). Compared to similar types of fruits, such as figs and prunes, dates have the highest antioxidant content (8). Here's a look at three of the most powerful antioxidants on dates:Flavonoids: Flavonoids can help reduce inflammation powerful antioxidants and have been studied for their potential to reduce the risk of diabetes, Alzheimer's disease and some types of cancer (2, 9). Carotenoids: Proven to promote heart health of carotenoids and can also reduce the risk of eye-related disorders such as maestro degeneration (2, 10). Pheasant acid: Pheasant acid, known for its anti-inflammatory properties, can help reduce the risk of cancer and heart disease (11, 12). Summary Dates contain a variety of antioxidants that can help prevent the development of some chronic diseases such as heart disease, cancer, Alzheimer's and diabetes. Eating dates can help improve brain function. Laboratory studies have found the date when it is useful to lower inflammatory markers such as interlökin 6 (IL-6) in the brain. IL-6 is associated with a higher risk of neurodegenerative diseases such as alzheimer's at high levels (13, 14). In addition, animal studies have shown dates when amyloid beta proteins are useful for reducing activity, which can create plaques in the brain (13). When plaques accumulate in the brain, they can disrupt communication between brain cells, which can lead to brain cell death and Alzheimer's disease (15). An animal study reveals that mice fed mixed foods with dates have significantly better memory and learning ability anxiety-related behaviors are less compared to those who do not eat them (16). The potential brain-enhancing properties of dates have been attributed to the content of known antioxidants to reduce inflammation, including flavonoids (13). However, human studies are necessary to confirm the role of dates in brain health. Summary Dates can be useful to reduce inflammation and prevent plaques forming in the brain, which is important for the prevention of

Alzheimer’s disease. Dates have been examined for the potential for the encouragement and easiization of late birth in pregnant women. Eating this fruit during the last few weeks of pregnancy promotes cervical dilation and can reduce the need for induced birth. It can also be useful for reducing uptime (17). In one study, 69 women who consumed 6 dates a day for 4 weeks before the date of birth were 20% more likely to give birth naturally and gave birth for significantly less time than those who did not eat them (18). Another study of 154 pregnant women found that palm eaters were much less likely to be induced than those who did not (19). In a third study, the 37th day of pregnancy was announced. They were on average 4 hours less active than those who did not eat dates (17). While eating dates may seem to help promote labor and reduce labor time, further research is needed to confirm these effects. Role dates in pregnancy can be due to visible compounds to bind to oxytocin receptors and mimic the effects of oxytocin in the body. Oxytocin is a hormone that causes birth contractions during childbirth (18, 20). It also contains tins, which are compounds that have been shown to facilitate dates contractions. It is also a good source of natural sugar and calories, which is necessary to maintain energy levels during childbirth (20). Summary Dates can promote and facilitate natural childbirth for pregnant women when consumed in the last few weeks of pregnancy. Dates are a source of fructose, a natural type of sugar found in fruit. Therefore, the dates are very sweet and also taste like a thin caramel. They provide nutrients, fiber and antioxidants to make recipes a great healthy place for white sugar. The best way to paste dates instead of dates for white sugar is to make it stick to the date, like this recipe. This is done by mixing dates with a blender of water. One rule of thumb is to replace sugar with gluing the date in a ratio of 1:1. For example, if there is 1 cup of sugar in the recipe, glue 1 cup of persimmon. Although these dates are high in fiber and nutrients, it is important to note that they are still quite high in calories and best consumed in moderation. Summary Dates due to recipes are a healthy substitute for white sugar taste, nutrients, fiber and antioxidants. It has been claimed that there are several other health benefits that the dates have not yet been studied extensively. Bone health: Dates include various minerals such as phosphorus, potassium, calcium and magnesium. All this was studied in terms of their potential to prevent bone-related conditions such as osteoporosis (1, 21). Blood glucose control: Dates have the potential to help with blood sugar regulation due to low glycemic index, fiber and antioxidants. Therefore, eating them can benefit from diabetes management (2). Although these potential health benefits are promising, more human studies are required before conclusions can be drawn. Summary Dates have been claimed to promote help with bone health and blood glucose control, but these effects have been studied adequately. Dates make an incredibly versatile and delicious snack. It is usually paired with other foods such as almonds, nut butter or soft cheese. Dates are also very sticky, which makes them useful as a connector, such as baked goods, cookies and bars. You can also combine dates to make healthy snack bar or energy balls with nuts and seeds, as this recipe is. What’s more, you can use dates to sweeten sauces such as salad sauces and pickles, or blend them into smoothies and oatmeal. It is important to note that these dates are high in calories and the sweet taste makes them easier to overeat. Therefore, the best moderation is consumed. Summary There are many different ways to eat dates. They are usually eaten flat but can also be included in other popular dishes. There is a very healthy fruit to add to the persimmon diet. They are high in various nutrients, fibers and antioxidants, all of which can provide health benefits until the risk of advanced digestive diseases has decreased by n. There are several ways to add dietary dates. A popular way to eat them is as a natural sweetener in various dishes. They also make a great snack. This moderation is important to eat them so although fresh fruit is higher in calories, it is easiest to find dates in their dried form. Dates are definitely worth adding to the diet, as they are both nutritious and delicious. Delicious.

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