

## Coffee byproducts 500 times greater than vitamin C

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Washington, May 7 ([ANI](#)): A new study has examined that some of the coffee byproducts are filled with antioxidants and these byproducts are 500 times greater than vitamin C.

The study conducted at University of Granada showed that during both the coffee production process and the brewing process, a sizeable amount of waste is generated and after the beans have been dried, while the coffee grounds are normally directly discarded.

The researchers demonstrated the powerful antioxidant and antimicrobial properties of the coffee grounds and silverskin, which are highly rich in fibre and phenols and indicated that the antioxidant effects of these coffee grounds were 500 times greater than those found in vitamin C and could be employed to create functional foods with significant health benefits.

Professor Rufi Henares pointed out that they also contained high levels of melanoidins, which were produced during the roasting process and give coffee its brown colour and the biological properties of these melanoidins could be harnessed for a range of practical applications, such as preventing harmful pathogens from growing in food products.

The study is published in the academic journal Food Science and Technology. ([ANI](#))

