

Carambola

Star fruit

Averrhoa Carambola



Star fruit — or carambola — is a sweet and sour fruit that has the shape of a five-point star. The skin is edible and the flesh has a mild, sour flavor that makes it popular in a number of dishes. The star fruit is yellow or green in color. It comes in two main types: a smaller, sour variety and a larger, sweeter one.

Star Fruit Nutrition Facts

The star fruit is a decent source of several nutrients — especially fiber and vitamin C.

This is the nutrient content of a single, medium-sized (91-gram) star fruit :

Fiber: 3 grams

Protein: 1 gram

Vitamin C: 52% of the RDI

Vitamin B5: 4% of the RDI

Folate: 3% of the RDI

Copper: 6% of the RDI

Potassium: 3% of the RDI

Magnesium: 2% of the RDI

Though the nutrient content may appear relatively low, keep in mind that this serving only has 28 calories and 6 grams of carbs. This means that, calorie for calorie, star fruit is very nutritious.



Star Fruit Is Loaded With Healthy Plant Compounds

Star fruit also contains other substances that make it even healthier.

It is an excellent source of healthy plant compounds, including quercetin, gallic acid, and epicatechin.

These compounds have powerful antioxidant properties and various health benefits.

The plant compounds in star fruit have been shown to reduce fatty liver risk and cholesterol in mice.

They're also being studied for their ability to prevent liver cancer in mice .

What's more, some evidence from animal studies suggests that the sugars in star fruit may reduce inflammation .

However, research to confirm these potential benefits of star fruit in humans is lacking.

Safety and Side Effects

Star fruit may cause adverse effects in some people, mainly due to its high oxalate content.

Therefore, people with kidney problems should avoid star fruit and its juice — or consult with a doctor before trying it.

For people with kidney problems, eating star fruit regularly may lead to kidney damage as well as star fruit toxicity, which may cause neurological problems — such as confusion, seizures, and even death.

People taking prescription drugs should also proceed with caution. Similarly to grapefruit, star fruit can alter the way a drug is broken down and used by your body.

