

Title HPLC analysis of polyphenols in peel and pulp of fresh figs
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Abstract

It is well known that fruits contain a considerable amount of non-nutritive compounds, which can help to keep man's health and prevent chronic diseases. In this context, the fig fruit has been scarcely investigated so far. In particular, to our knowledge, any extensive study has been published on the fig phenolic fraction, which plays a key role in health-promoting action. A study was carried out on two fig cultivars, a black and a white. Fresh fruits were peeled and phenols extracted separately from peel and pulp. The extracts were subjected to HPLC-DAD analysis, by monitoring at four wavelengths, 280, 316, 365 and 520 for catechins, hydroxycinnamic acids, flavonols and anthocyanins, respectively. Results showed that phenols are concentrated almost exclusively in the peel, with black cultivar having the highest content. In particular the peel was rich in flavonols, with amounts from 723 to 1450 mg/kg (fresh basis) for white and black figs, respectively. The peel of black figs showed an appreciable content of anthocyanins, which were the only polyphenolic compounds detected in the pulp. No catechins were found.