

Carob Powder: 9 Nutrition Facts and Health Benefits

Medically reviewed by the Healthline Medical Network — Written by The Healthline Editorial Team — Updated on May 19, 2018

Nutrition Facts Low-fat Low-sodium Calcium Fiber
Gluten-free Diarrhea remedy Caffeine-free Antioxidants
Tyramine-free Use Takeaway



ADVERTISEMENT

Introduction

Carob powder, also called carob flour, is a cocoa powder alternative.

It's made from dried, roasted carob tree pods and looks a lot like cocoa powder. Carob powder is often used as a natural sweetener in baked goods. It's sweet and has a unique taste.

ADVERTISEMENT



Read on to learn about the health benefits and nutrition facts for carob powder.

Nutrition Facts

Carob Powder, 2 tablespoons

	Amount
Sugar	6 g
Sodium	0 g
Calcium	42 mg
Fiber	5 g
Iron	0.35 g
Magnesium	6 mg
Potassium	99 mg
Riboflavin	0.055 mg
Niacin	0.228 mg

ADVERTISEMENT

1. Naturally low-fat

Carob powder contains virtually no fat. If you're on a low-fat diet, carob powder is a good option. Just keep in mind that it's higher in sugar and carbs than cocoa powder.

Just 2 tablespoons of [carob powder](#) have 6 grams of sugar, about 1.5 teaspoons. Since most baking recipes call for up to 1 cup of carob powder, the sugar grams can add up fast. Still, if you substitute carob powder for chocolate chips, you'll save on fat and calories.

One cup of carob powder has 51 grams of sugar and less than 1 gram of

ADVERTISEMENT



	1 cup of carob powder	1 cup of chocolate chips
Sugar	51 g	92 g
Fat	<1 g	50 g

2. Low in sodium

According to the [Mayo Clinic](#), the average American gets 3,400 mg of sodium daily. This is much more than the recommended dietary allowance (RDA) of 2,300 mg. The [American Heart Association](#) recommends even less, just 1,500 mg daily.

Too much sodium in your diet may increase your risk of:

- high blood pressure
- heart attack
- stroke
- osteoporosis
- kidney problems

Carob powder contains no sodium. It's a great option for people following a low-sodium diet.

ADVERTISEMENT

3. Contains calcium, but no oxalates

Calcium is a mineral. It's important for bone health. It also helps your heart, nerves, and muscles function well. Two tablespoons of carob powder have 42 mg of calcium, or 4 percent of the RDA.

Cocoa contains oxalates, compounds that reduce your body's ability to absorb calcium. A diet high in oxalates also increases your risk of developing kidney stones. Carob powder contains no oxalates.

ADVERTISEMENT



Two tablespoons of carob powder have almost 5 grams of fiber, over 20 percent of the RDA. Fiber helps:

- you stay fuller longer to help you eat less
- prevent constipation
- maintain healthy bowels
- control your blood sugar
- lower your cholesterol

A [2010 study](#) found that the antioxidant polyphenols in carob insoluble fiber lowered total cholesterol and LDL (bad) cholesterol in people with high cholesterol.


In 2 tablespoons of carob powder, there is:

Iron	0.35 mg
Magnesium	6 mg
Potassium	99 mg
Riboflavin	0.055 mg
Niacin	0.228 mg

5. Gluten-free

Gluten is a protein found in wheat, barley, rye, and triticale. In some people, gluten triggers their immune system to attack the small intestines. This condition is called celiac disease. If you have celiac disease or are sensitive to gluten, you must avoid gluten-containing foods. Carob powder is gluten-free.

6. Helps relieve diarrhea

Thanks to its tannin content, carob powder has been used as a natural remedy for diarrhea. Tannins are polyphenols found in some plants. [Research](#)  suggests that administering tannin-rich carob powder with an oral rehydration fluid is safe and effective for treating acute-onset diarrhea in infants aged 3 to 21 months.

7. Caffeine-free

Caffeine is a great pick-me-up, but too much may cause unpleasant side effects, such as:

ADVERTISEMENT



- fast heart rate
- nervousness
- irritability
- upset stomach
- muscle tremor

Carob powder contains no caffeine. This is good news for caffeine-sensitive people looking for a chocolate substitute.

ADVERTISEMENT

8. Good source of antioxidants

According to a 2003 study, carob fiber is a rich source of polyphenol antioxidants. The study identified 24 polyphenol compounds in carob fiber, mainly gallic acid and flavonoids. Both gallic acid and flavonoids have been shown to reduce oxidative stress.

Gallic acid has also been found to scavenge free radicals and kill cancer cells. Research has shown that flavonoids have anti-inflammatory, anticancer, antidiabetic, and neuroprotective abilities.

9. Free of tyramine

Tyramine is a byproduct of tyrosine, an amino acid. According to the [National Headache Foundation](#), foods that contain tyramine may trigger migraine headaches. Since chocolate contains tyramine, it's not recommended for people who get migraines. Carob doesn't contain tyramine and is considered safe to eat if you get migraines.

Ways to use carob

Try these ways to add carob powder to your diet:

- add carob powder to smoothies

ADVERTISEMENT



- make a [hot carob drink](#) instead of hot chocolate
- make creamy carob pudding
- replace candy bars with [carob bars](#) made of carob powder and almond milk
- make [carob brownies](#)

The bottom line

Carob powder is a healthy alternative to cocoa powder, although minimally processed cocoa powder has some health benefits of its own. Since carob powder is naturally sweet, there's no need to add sugar or other sweeteners when using it in your favorite recipes. Carob powder is generally considered safe to eat. Pregnant women should not consume carob in large quantities.

If you have pets and worry about them eating chocolate, here's a fun fact. Carob powder is Fido-friendly. It doesn't contain high levels of theobromine, a compound that is toxic to dogs and cats in large quantities. Many dog treats are made with carob powder. There's no need to panic if your dog or cat gets into your stash.

RECOMMENDED SODIUM INTAKE

The American Heart Association recommends 1,500 mg of sodium daily

How we reviewed this article:

 [SOURCES](#)  [HISTORY](#)

Our experts continually monitor the health and wellness space, and we update our articles when new information becomes available.

Current Version

May 19, 2018

Written By

The Healthline Editorial Team

Edited By

Nizam Khan (TechSpace)

ADVERTISEMENT



Share this article



READ THIS NEXT

Truvia: Good or Bad?

Written by Joe Leech, MS

This is a detailed review of the Truvia sweetener, looking at its health effects and nutritional properties. Truvia is a popular sugar substitute.

[READ MORE →](#)

Buckwheat 101: Nutrition Facts and Health Benefits

Written by Atli Arnarson BSc, PhD

Buckwheat is a type of seed called a pseudocereal. It is very high in beneficial compounds. Here is detailed health and nutrition information...

[READ MORE →](#)

9 Health and Nutrition Benefits of Red Leaf Lettuce

Written by Kaitlyn Berkheiser

Red leaf lettuce is a colorful addition to your favorite salads and sandwiches. Here are 9 health and nutrition benefits of red leaf lettuce.

[READ MORE →](#)

Is Flaxseed Good for Your Heart?

ADVERTISEMENT



[READ MORE →](#)

New Type of Bird Flu Detected in Us Dairy Cows. Is It Safe To Consume Milk, Beef?

A new strain of the H5N1 bird flu virus was detected in dairy cows, but the risk of human transmission remains low. The nation’s milk supply is safe...

[READ MORE →](#)

Are Pomegranates Good for Heart Health?

Medically reviewed by [Kim Rose-Francis RDN, CDCES, LD](#)

Pomegranates contain many antioxidants, which research suggests may have anti-inflammatory properties. Learn how this may benefit your hear...

[READ MORE →](#)

Tips for Easy and Healthy Grab and Go Snacks

You don't have to compromise your health whenever you want to snack. Try these healthy grab-and-go snack options.

[READ MORE →](#)



Get our wellness newsletter

Filter out the noise and nurture your inbox with health and wellness advice that’s inclusive and rooted in medical expertise.

Enter your email

SIGN UP

ADVERTISEMENT



- [About Us](#)
- [Contact Us](#)
- [Terms of Use](#)
- [Privacy Policy](#)
- [Privacy Settings](#)
- [Advertising Policy](#)
- [Health Topics](#)
- [Sitemap](#)
- [Medical Affairs](#)
- [Content Integrity](#)
- [Newsletters](#)
- [Your Privacy Choices](#)

© 2025 Healthline Media LLC. All rights reserved. Healthline Media is an RVO Health Company. Our website services, content, and products are for informational purposes only. Healthline Media does not provide medical advice, diagnosis, or treatment. [See additional information.](#)

[About](#) | [Careers](#) | [Advertise with us](#)

OUR BRANDS

- [Healthline](#)
- [Medical News Today](#)
- [Greatist](#)
- [Psych Central](#)
- [Bezzly](#)

ADVERTISEMENT



