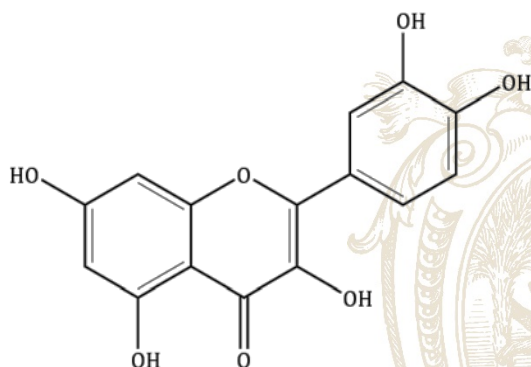




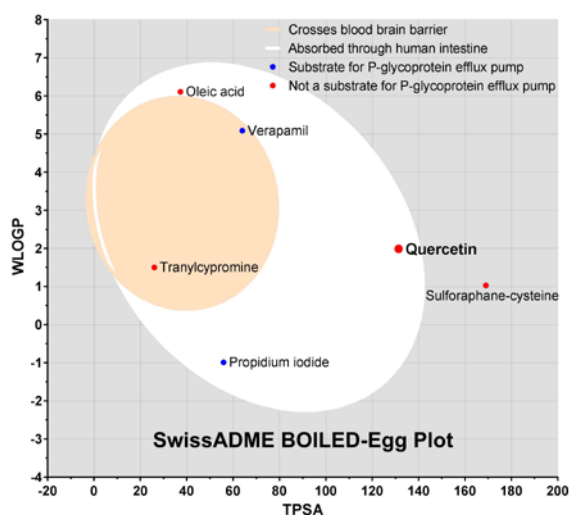
OliveNet™ Newsletter

Molecule of the month

Quercetin



Quercetin is a flavonol found in many fruits and vegetables, including the olive. The foods containing the highest concentrations of this compound are onions and kale. Quercetin has been shown to possess anti-inflammatory and antioxidant properties that may be protective against various diseases, such as cardiovascular disease.



We analysed quercetin using SwissADME and the results indicate that quercetin is absorbed through human intestines, and is not predicted to cross the blood-brain-barrier. The analysis indicates that quercetin is not a substrate for the P-glycoprotein pump, and was also shown to inhibit certain liver isoenzymes.

Julia Liang's recipe of the month

Pecan pie

Apart from being a talented McCord Research molecular modelling scholar, Julia Liang is an avid "foodie". This month Julia has prepared a pecan pie – a Thanksgiving classic! This version uses olive oil in the pie crust.

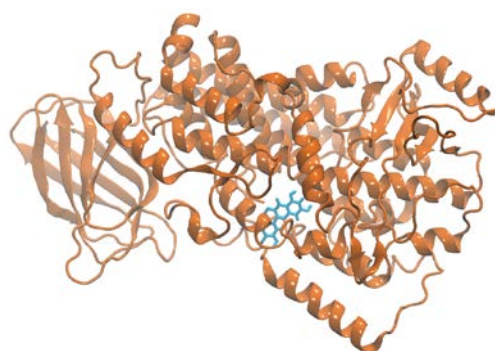


[Approximate calculations: Total EVVO = 59 mL (55 g); Serves 8. Per serve = 60 calories (or 3% of 2,000 calorie diet), 6.9 g EVVO (or 14% of typical daily recommendation), ~1.7 mg olive polyphenols (assuming 250 mg/kg in average EVVO)]

For further details please see our [OliveNet Library Facebook page](#) and visit [Julia's Cooking Revista](#).

*** All of Julia's recipes are tried and tested.**

McCord Research in action



Molecular modelling performed by our team at RMIT University has studied the anti-inflammatory properties of compounds from OliveNet™. The image here shows quercetin bound to 15-lipoxygenase, a protein that is important in inflammatory pathways.