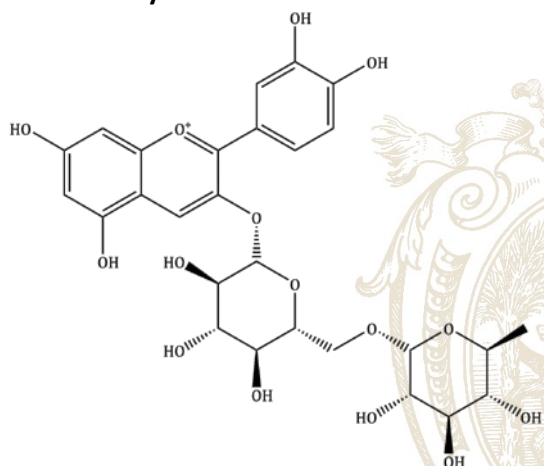


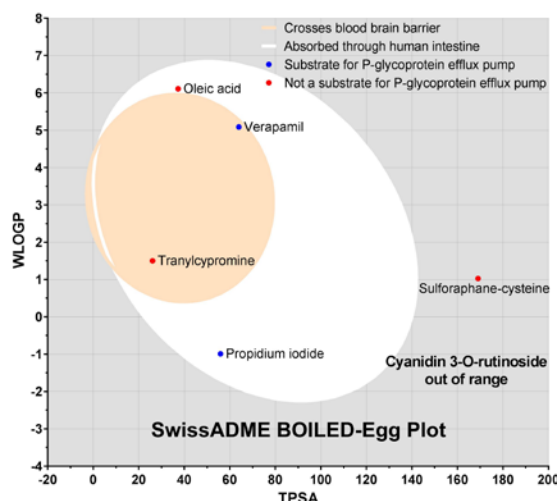
## OliveNet™ Newsletter

### Molecule of the month

#### Cyanidin 3-O-rutinoside



Cyanidin 3-O-rutinoside is an anthocyanin, present in cherries, blackberries, and olives. It is also present in mahlepi, ground kernels of the mahlab cherry used to flavour baked goods in Greek and Middle Eastern cooking, such as tsoureki. Anthocyanins act as natural pigments, responsible for red, purple, and blue colours in fruits and vegetables, and have been shown to have antioxidant properties.



We analysed cyanidin 3-O-rutinoside using SwissADME and the results indicate that cyanidin 3-O-rutinoside is not absorbed through human intestines, and is predicted to not cross the blood-brain-barrier. The analysis indicates that cyanidin 3-O-rutinoside is not a substrate for the P-glycoprotein pump, and was also shown to not inhibit certain liver isoenzymes.

### Julia Liang's recipe of the month

#### Tsoureki

Apart from being a talented McCord Research molecular modelling scholar, Julia Liang is an avid "foodie". This month Julia has prepared tsoureki – a sweet bread traditionally made at Easter in Greece. This bread is soft and rich with the distinctive flavour of mastic and mahlepi. It makes for a delicious snack to be eaten on its own, or as an accompaniment to tea.



[Approximate calculations: Total EVVO = 237 mL (220 g); Serves 18. Per serve = 107 calories (or 5.4% of 2,000 calorie diet), 12.2 g EVVO (or 24% of typical daily recommendation), ~3.1 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.**

### Upcoming events

NYIOOC World Olive Oil Competition; May 5 – 9, 2019; International Culinary Center, New York.

Winners will be unveiled at a press conference streamed live from New York on May 10.

<https://nyoliveoil.com/>