

Nutritional and Medicinal Properties of Bioactive Compounds in Cape Gooseberry *Physalis peruviana* Fruits: A Review

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Cape gooseberry, *Physalis peruviana*, is a nutritionally important underutilized fruit with great therapeutic potential attributed to its rich macro and micronutrient content. It is laden with anti-inflammatory phytochemicals that contribute to its medicinal value as an antidiabetic, anticancer, and anti-hypertensive agent. *P. peruviana* is promoted for inclusion in human diets for a disease-free healthy life and general well-being. Nutritionally, the fruit is highly valued for phytochemicals, such as antioxidants and vitamins E and C as well as its unique flavor, texture, and color. The diversity of applications to which *P. peruviana* can be put gives this fruit great economic importance. The food industry uses Cape gooseberry in different value-added products, including beverages, yoghurts, and jams. With the rapidly growing popularity of this unique fruit, it is important to have a comprehensive reference to its nutritional benefits, medicinal value, and phytochemical composition. This paper involves an in-depth review of important dietary nutrient types with pharmacological properties and their concentrations in *P. peruviana* that account for its nutritional and health benefits.

Keywords: Cape gooseberry, *Physalis peruviana*, underutilized fruit, phytochemical, value-added