ORGANOLEPTIC PROPERTIES OF BREAD FORMULATED WITH YACON MEHL

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Fructans are considered to have favourable effects on blood glucose levels. Due to its high content of fructooligosaccharides (FOS), the “Yacon” potato is known to have favourable effects concerning glycemic control, blood lipid levels and mineral absorption. This study aims to evaluate the organoleptic properties of bread made from “Yacon” flour, including the nutritional content, energy value (kcal) and cost of production. 30 Diabetics were selected to taste various formulations of bread: potato bread (A), bread with fresh “Yacon” (B) and bread with lyophilized “Yacon” (C). The overall acceptability of the bread was positive as there was little significant difference between the samples (0.02F). The formulation of bread A yielded 1.650 kg of dough, containing 660.72 g of carbohydrate, 18.23 g of fat, 55 g of protein and 2926.92 kcal. Bread B yielded 1.700 kg, 380.41 g of carbohydrate, 1024.92 g of FOS, 107.82 g of protein, 19.99 g of fat and 6313.91 kcal. Bread C yielded 900 g of dough, 31.84 g of carbohydrate, 797.40 g of FOS, 50.30 g of protein, 14.43 g of fat and 3648.07 kcal. Yacon bread had a higher cost than the common potato bread, but the yield of Yacon dough was very large, which offset the high initial cost. It can be concluded that “Yacon” can be considered a potential ingredient in the formulation of bread as bread made with its flour had favourable organoleptic properties and comparable nutritional values to ordinary bread in addition to having other functional qualities as previously mentioned.