PHYSICAL CHARACTERISTICS OF REGULAR AND LIGHT CAKES MADE WITH FRESH YACON


INTRODUCTION: The yacon is considered a tuber that has carbohydrates mainly in the form of fructooligosaccharides. By having a sweetness power, the yacon has been used to improve sensory aspects in bakery products of low caloric value. The aim of this work was to evaluate the physical characteristics of regular and light cakes made with fresh yacon. MATERIALS AND METHODS: It was developed four formulations of cakes (chocolate and carrot flavors) with sugar and sweetener, as well as their respective controls, with a total of eight samples. It was used a total of 50 % of fresh yacon in relation of wheat flour proportion. It was analyzed the weights and volumes before and after baking, besides height, diameter and yield thermal factor. RESULTS AND DISCUSSION: All the cakes have had a weight reduction after baking. The volume after baking in the chocolate cake with sugar was higher than the control; 1422 mL and 1410 mL, respectively. The height of chocolate cake with sugar was 88 mm and 89 mm for the control sample. The diameter of the carrot cake with sweetener was higher than the regular one, 64 mm and 59 mm respectively. The yield and the thermal factor were higher in the chocolate cakes (with sugar) and carrot (with sweetener) in relation their controls. CONCLUSION: The yacon can be used as an alternative source to prepare cakes in an attempt to add nutritional value to basic food, usually consumed. Moreover, its using in the fresh form will permit the production in homemade level.

Keywords: Yacon, cakes, fructooligosaccharides, physical characteristics.