ACHACHAIRU: PROXIMATE COMPOSITION AND DIETARY FIBER

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The achachairu is an exotic fruit from the Bolivian rain forest. Its scientific name is *Garcinia humilis* Vhal, and belongs to the Clusiaceae family. The fruit is globular-oblong shaped with a protective casing which can be 'popped' open to reveal a white succulent flesh. Its taste is acid and sweet at the same time. Introduced in Brazil has been adapting well to the climate and soil conditions favorable for growing many species of tropical fruits. Due to the increasing interest in its cultivation in Brazil and the limited literature data on their physicochemical composition the aim of this research was to assess the nutritive value and the dietary fiber contents present in the skin and flesh of mature fruits cultivated at Bonança–PE. The proximate composition (moisture, ash, proteins, lipids and carbohydrates) was done according to the Analytical Standards Adolfo Lutz and dietary fiber, according to the methodology proposed by AOAC. The proximate composition of the skin and flesh, expressed as fresh weight was: 79.14% and 78.95% of moisture; 0.66% and 0.24% of ash; 0.72% and 0.48% of proteins; 2.67% and 0.21% of lipids; 16.81% and 20.12% of carbohydrates and caloric value of 62.35 Kcal 100g⁻¹ and 78.69 Kcal 100g⁻¹, respectively. With regard to the dietary fiber, the skin showed 7.95g 100g⁻¹ while the flesh 1.40g 100g⁻¹. The results revealed that the lipid and dietary fiber content were higher on the skin than on the flesh and the caloric value found in the flesh was due the high carbohydrates content.