A STUDY ABOUT LIPIDS REDUCTION IN THE PREPARATION OF INSTANTANEOUS PASTA


There are several types of macaroni, among them, fresh pasta, grano duro, semolina, and instantaneous pasta. Between the years of 2007 and 2011, there was a 22,3% increase in the production of instantaneous pasta, total of 192 thousand tons were produced, this growth is result of the consumers seeking for fast and easy meals. The consumers also seek for industrialized food with low fat rate. The objective was to reduce the lipids from the instantaneous pasta. Two national brands of instantaneous pasta were chosen, designated A1 and A2. For each sample, four different cooking process were used; first following the manufacturer instructions, 450ml of water were used and the water wasn’t drained(C1); in the other three process the water was drained after cookery, and the amounts of water used were 450ml(C2), 900ml(C3) and 1800ml(C4). The lipids determinations were realized by a soxhlet extractor using hexane. The results obtained of the lipids percentage for A1 and A2 respectively were: C1 20,36% and 18,89%, C2 7,48% and 8,04%, C3 7,63% and 7,96%, C4 7,29% and 8,21%. It's notable that C1 presented the highest lipid tax; showing that draining the water after the cook process reduces the total lipid rate in 55%, therefore to ingest less fat is recommendable drain the water used on the cooking process of the instantaneous pasta.