DEVELOPMENT OF FRUIT ICE POP WITH QUANTIFICATION OF ANTHOCYANINS AND SENSORIAL EVALUATION

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The ice pop is a refreshing food that mixes a variety of ingredients submitted to freezing to ensure its conservation. It can be produced with fruits, which are excellent source of vitamins, minerals and anthocyanins, that are natural pigments with antioxidant action that neutralize the free radicals that damage the organism cells. This research work had the purpose of develop three formulations of fruit ice pops, to quantify the anthocyanin levels and evaluate the sensorial acceptance. The formulations were produced with mulberry, blueberry, strawberry, grape juice, powdered milk, emulsifier, stabilizers and other ingredients. The anthocyanin quantification was done following specific methodology. The sensorial evaluation was done in an elementary school, with 261 girls and boys, from 5 to 10 years old. The children analyzed the attributes color and flavor, and filled in a form with the facial hedonic scale organized with 5 points, assigning scores from 1 (disliked very much) to 5 (liked very much). The three ice pop formulations received score 5 in the attributes color and flavor, and the formulation with purple fruits received 83% and 85% respectively, the formulation with strawberry received 80% and 78%, and the formulation with blueberry received 75% and 68%. Significant levels of anthocyanins were found in all the formulations, being 11,54mg/100g in the purple fruits, 7,52mg/100g in the strawberry and 14,55mg/100g in the blueberry formulation. It is possible to concluded that is feasible the production of ice pops from fruits with significant levels of anthocyanins and with good sensorial acceptance.