FORMULATION, NUTRITIONAL AND SENSORY CHARACTERISTICS OF A CAKE MADE FROM AVOCADO (Persea americana Mill) SOURCE OF FATTY ACIDS ω-6 and ω-9

Kyria J. C. Cruz¹, Maiara J. B. Leal¹, Maria C. M. Silva², Suelem T. de Freitas², Natália Q. Costa¹, Marcos A. M. Araújo³ e Regilda S. R. Moreira-Araújo⁴.

(1) Students of the Postgraduate Program in Foods and Nutrition from Universidade Federal do Piauí - UFPI; (2) Graduated in Nutrition from the Universidade Federal do Piauí - UFPI; (3) statistics. Municipal Foundation of Health – FMS; (4) Profa Dra Nutrition Department and Postgraduate Program in Foods and Nutrition from Universidade Federal do Piauí - UFPI.

Department of Nutrition. Universidade Federal do Piauí - UFPI. Campus Minister Petrônio Portella; Ininga Neighborhood; zip code: 64049-550, Teresina-PI, Brazil. E-mail: regilda@ufpi.edu.br; leal_maiara@yahoo.com.br

The avocado (Persea american Mill), for being a major source of monounsaturated fatty acids, contributes to reducing the levels of total cholesterol, LDL-cholesterol and triglyceride levels. The work aimed to bring a cake to the base of avocado pulp fatty acid source ω-6 and ω-9, verify their acceptance through sensory analysis and determine its chemical composition. Three formulations were used: standard-cake with whole wheat flour (FTI); formulation 1 (F1) with replacement of 20% and formulation 2 (F2) with replacement of 40% of the FTI by avocado pulp. The analysis of the chemical composition was performed with evaluation of moisture (drying method in greenhouses to 105°C), ash content (incineration), proteins (Kjeldahl), lipids (Soxhlet method) and carbohydrate (by difference). For sensory analysis tests were applied preferably Paired and Hedonic Scale, featuring 101 tasters do not trained, of both sexes, aged 18 to 45 years. The Chi-square statistical tests and Tukey, whereas statistical significance when p <0.05. Chemical composition analysis showed that the cake has formulated, moisture 26.98 %, 1.32% residue fixed mineral, protein 5.57%, 2.28% lipids and carbohydrate 63.84%. Paired testing preferably noted that F1 was the favorite when compared with the F2 by 64.3% of assessors, showing difference statistically significant. Hedonic scale test, both showed good acceptance in all the characteristics evaluated. It was concluded that the product has good acceptance, being feasible production.

Palavras-Chave: Avocado; Fatty acids; Sensory analysis, Chemical composition.