



TOPIC: Development and sensory quality evaluation of wheat-based chapattis by incorporating papaya peel powder

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ABSTRACT

Consumption of natural active substance and dietary fibers promotes health benefits and defense against lifestyle diseases. Papaya peel is presently discarded waste leading to the environmental contamination, but it can good sources of dietary fiber, minerals and bioactive compounds with antioxidant and cardio protective properties. with this prospective the current study focused to utilize papaya peel powder for the development of chapattis and determine its acceptability by sensory attributes by substituting papaya peel powder into wheat chapatti were evaluated at different proportions (5%, 10%, 15% of papaya peel powder). Chapattis prepared with 100% wheat flour was served as a control. Total phenolic content was determined by Folin-Ciocalteu's reagent method, while flavonoids, carotenoids and proximate composition was analyzed. The chapatti with 5% blanched papaya peel powder was the most accepted. The papaya peel incorporated chapatti decreased total carbohydrate (54%), protein content (9.3%) and increased with Dietary fiber (8.3g), Fat (7.1g), Moisture (27.3g\100g) and Ash (2.7%) when compared with a control chapatti made with 100% wheat flour, total carbohydrate (58.8%), protein content (9.6%), Dietary fiber (6.2g), Fat (4.6g), Moisture (26.3g\100g) and Ash (1.1%) respectively. The beta-carotene, total phenolics and flavonoids of chapattis with 5% papaya peel powder contain 16%, 1.15%, and 0.19% respectively. our study concluded that the sensory quality and phytochemical content of papaya peel-based chapattis was rich in fiber, phytochemical and excellent nutritional value may improve the antioxidant and cardio protective properties.

Key Words: Papaya Peel, Phytochemicals, Total Phenols, Flavonoids, Antioxidants.

Biography

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Myself Suma .N second year MSc student Department of Clinical Nutrition and Dietetics SDUAHER Kolar. My area of research in clinical nutrition and I have done project on Development And Sensory Quality Evaluation of Wheat Based Chapatti By Incorporating Papaya Peel Powder.