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Storage stability of beetroot candy

Bhupinder Singh

CDL State Institute of Engineering and Technology, India

Osmo-convective dehydration of beetroot candy is an interesting alternative for the development of confectionary-based functional food with extended shelf life. Osmo-convective dehydrated beetroot candy was packed in three different packaging materials viz., HDPE, LDPE and LAP and stored at room temperature (25-30°C, RH 50-70%). Changes in physicochemical properties of beetroot candy were evaluated during storage (at 0, 1, 2, 3, 4, 5 and 6 months). During storage, moisture content, colour, and betalain content of beetroot candy were varied to different extent depending upon the type of packaging material. Compared to other packaging materials, beetroot candy packed in LDPE showed considerable changes in physicochemical properties during storage. The magnitude of change in physicochemical properties of beetroot candy as well as sensory attribute during storage suggests that laminated aluminum package (LAP) is best for long storage of beetroot candy.

bhupimander@rediffmail.com