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Sensory and nutritional properties of Chinese olive pumace based high fiber biscuit

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Which the development of economics, increasing interest in healthy eating pattern, especially healthy foods and food ingredients has become popular among the consumers. Nowadays, incorporation of new ingredients in the traditional biscuits bakery is a promising strategy to develop acceptable, healthy and nutritious bakery products. In the present study, the sensory and nutritional properties of Chinese olive pumace based high fiber biscuit were investigated. Biscuits were baked from blends of Chinese olive pumace powder (15 g), oil (30 g), sugar powder (33 g), edible bicarb (0.7 g), ammonium hydrogen carbonate (0.3 g), one egg and appropriate salt, water and flavors per 100 g wheat powder at up temperature 220 °C, down temperature 200 °C for 8 min on the basis of optimized and repeated experiments. The sensory evaluation showed this newly formulated high fiber biscuit received an average score of 91.50±0.51 on a 100-point hedonic scale, suggesting the biscuits have high overall acceptability. Besides, the nutritional quality evaluation of the newly formulated high fiber biscuits demonstrated it contains the 10.20 g fiber, 1454 Kcal calories and 18.30 g fat in 100 g biscuits. Furthermore, the glycemic index (GI) of olive high fiber biscuits was determined as 63.68, which was significantly lower than the control biscuits with the GI value of 76.66. The microbiological analysis also indicated the viable bacteria present in the biscuits sample matches the Chinese National Standards (GB/T20980-2007 and GB7100-2003). Taken together, the results from the current study suggested that supplementation of Chinese olive pumace powder in biscuit production could yield products with high acceptability, abundant fiber and low calorie & glycemic index.

Biography

Baodong Zheng has completed his PhD from Fujian Agriculture and Forestry University. He is the Dean of College of Food Science, Fujian Agriculture and Forestry University. He has published more than 20 papers in reputed journals and has been serving as the Editorial Board Member of *Journal of Toxicology*.

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