

Dietetic Ice Cream with Natural Sweetener

Malarkannan S.P

Assistant Professor, Arul Anandar College

Abstract

Ice cream is a high-calorie product added with artificial sweetener or sugar and is not suitable for diabetic people. At present, low-calorie dietetic foods, the products made with alternative sweeteners become popular. In the present study, the ice cream was developed with the natural sweetener palm sugar at the rate of 33.33, 66.66 and 100 percent. The pH of the samples was ranged from 6.3 to 7.5 and showed a significant change. Titratable Acidity (as percentage lactic acid) of ice cream samples were 00.18, 0.14, 0.11 and 0.07 and had a significant change due to the presence of weak acid-forming minerals in palm sugar. The total solids, moisture and fat content of the samples were ranged from 36.05 to 36.18, 61.59 to 66.04 and 10.1 to 10.60 per cent respectively and exhibited no significant difference. The increase in mineral content of the samples as the replacement level of palm sugar increased results in an increasing trend in ash percentage and a decreasing trend in the overrun percentage and melting rate of the product. The energy value (cal/g) of dietetic ice cream samples were ranged from 2305.564 to 3316.248 and showed a significant difference ($P < 0.01$). The index of viscosity (g. sec) were ranged from -14.21 to -16.57 per cent and showed a significant difference ($P < 0.01$). The standard plate count and coliform count of the samples were within the permissible level. The organoleptic quality revealed a 100 per cent replacement (T3) of cane sugar with palm sugar scored a better result than control. Due to the progressive increase in the palm sugar levels in the samples had a similar increase in the cost of ice cream samples. The increase in the cost of samples could be attributed to the higher cost of palm sugar as compared to cane sugar.

Biography:

Dr. S.P. Malarkannan has been Graduated in Veterinary Science from Tamilnadu Veterinary and Animal Sciences University with the specialties including Animal Science and Dairy Science from Veterinary College and Research Institute, Namakkal, Tamilnadu, India. Later on he obtained his post-graduation from University of Kerala Agricultural University, Vellanikara, Trichur with subjects Dairy Science and then started working his career as Veterinary Surgeon at The MILMA, Kerala and then as Assistant Professor in Arul Anandar College, Karumathur, Madurai, Tamilnadu, India where he has continued his research. Presently he has been working at the Arul Anandar College, Karumathur, Madurai City.



Speaker Publications:

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