World Academy of Science, Engineering and Technology
International Journal of Nutrition and Food Engineering
Vol:16, No:06, 2022

Evaluation of the Nutritional Potential of a Developed Spice Formulation for nah poh (An Emulsion-Based Gravy): Physicochemical and Techno-Functional Characterisations

Authors : Djiazet Stève, Mezajoug Kenfack Laurette Blandine, Ravi Pullakhandam, Bethala L. A. Prabhavathi Devi, Tchiegang Clergé, Prathapkumar Halady Shetty

Abstract : The nutritional potential of a developed spice formulation for nah poh was evaluated. It was found that when spices were used for the formulation for nah poh, the concentration of some nutrients is diluted while that of some of them increases. The proportion of unsaturated fats was estimated to be 76.2% of the total fat content while the chemical score varied between 31 to 39%. The contents of some essential minerals of nutritional interest in mg are as follows for 100g of spice: 2372.474 ± 0.007 for potassium, 16.447 ± 0.010 for iron, 4.772 ± 0.005 for zinc, 0.537 ± 0.001 for cupper, 0.138 ± 0.005 for selenium, and 112.954 ± 0.003 for manganese. This study shows that the consumption of these spices in the form of formulation significantly contributes to meet the mineral requirements of the populations whose food habits regularly require these spices.

Keywords : spice formulation, characterisation, nutritional potential, nah poh, techno functional properties
Conference Title : ICFSN 2022 : International Conference on Food Science and Nutrition
Conference Location : London, United Kingdom
Conference Dates : June 27-28, 2022