

Influence of Thermal Processing Methods on Antinutrient of Artocarpus heterophyllus Seeds

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Abstract : The aim of this study was to determine the antinutrient compounds of jackfruit (*Artocarpus heterophyllus*) seeds as affected by thermal processes. Two types of heat treatments were applied namely boiling and microwave cooking. Results of this study showed that boiling caused a significant decrease in phytate content (30.01%), oxalate content (33.22%), saponin content (35.69%) and tannin content (44.58%) as compared to microwave cooking and raw seed. The percentage loss of antinutrient compounds in microwaved seed was: phytate 24.58%, oxalate 27.28%, saponin 16.50% and tannin 32.21%. Hence, these findings suggested that boiling is an effective treatment to reduce the level of toxic compounds in foods.

Keywords : jackfruit, heat treatments, antinutrient compounds, thermal processing

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