

Chemical and Sensorial Evaluation of a Newly Developed Bean Jam

Authors : Raquel P. F. Guiné, Ana R. B. Figueiredo, Paula M. R. Correia, Fernando J. Gonçalves

Abstract : The purpose of the present work was to develop an innovative food product with nutritional properties as well as appealing organoleptic qualities. The product, a jam, was prepared with the beans' cooking water combined with fresh apple or carrot, without the addition of any conservatives. Three different jams were produced: bean and carrot, bean and apple and bean, apple and cinnamon. The developed products underwent a sensorial analysis that revealed that the bean, apple and cinnamon jam was globally better accepted. However, with this study, the consumers determined that the bean and carrot jam had the most attractive color and the bean and apple jam the better consistency. Additionally, it was possible to analyze the jams for their chemical components, namely fat, fiber, protein, sugars and antioxidant activity. The obtained results showed that the bean and carrot jam had the highest lipid content, while the bean, apple and cinnamon jam had the highest fiber content, when compared to the other two jams. Regarding the sugar content, both jams with apple revealed similar sugar values, which were higher than the sugar content of the bean and carrot jam. The antioxidant activity was on average 10 mg TE/g.

Keywords : Bean jam, chemical composition, sensorial analysis, product acceptability

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