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DEVELOPMENT OF FOOD MASS MIX FROM BRAZIL NUT AND PEACH PALM FRUIT FLOURS

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Resumo:

The forest Amazon offers a natural resources variety. Among the vegetal resources used, the Brazil nut, Bertollethia excelsa H.B.K and peach palm fruit (Bactris gasipaes, Kunth) are distinguished. The Brazil nut has a high fat amount (60% to 70%) and protein (15% to 20%). This content gives it lots of sulfur amino acids. The peach palm has considerable amounts of vitamin A (17.18 RE/g) is still high in fiber (2%). Seeking to utilize fruits potential, aimed at production and characterization of pasta mixed using ingredients Brazil nut, peach palm and wheat flour.

The mass mix food preparation was based on a pre-experimental design where we got a better quality when compounded with 52.09% of wheat flour, 13.89% of Brazil nut flour and 3.48% of peach palm flour.

We also used 1.73% of vegetable fat, 24.30% water and 4.51% of fresh eggs. Was prepared as a formulation control from wheat flour without adding Brazil nut and peach palm flours.

The products elaborated were arranged in trays and dried for 6 hours at 55 °C, and within 30 minutes initial no heating promotion.

The products preparation and analytical determinations were carried at Embrapa Acre, and the physical-chemical analysis were moisture content, dry matter, protein, fat, fiber, carbohydrate, ash and macro elements (phosphorus and potassium).

All results significant differences between the control and pasta mixed at 5% by Tukey test. The dry matter amount was found to be 94.45%, the fat percentage 12.85% was high compared to the control, 2.81%.

This was due to Brazil nut and peach palm flours addition, and vegetable shortening. The ash amount present in the pasta was equal to 1.58%, exceeding the specified limit in the legislation (1.35%).

The protein content was equal to 14.29%, above the control (12.81%). The moisture content was higher in the control sample (6.70%) while at mixed pasta showed values of 5.55%.

The fiber content (0.51%) was higher than control. That can be result by use of Brazil nut and peach palm flours, which has high fiber content. The phosphorus (0.04%) and potassium (0.33%) in the mixed pasta showed higher values compared to control, being the most significant increase for phosphorus (0.00).

From these results presented, which aims for the future is foods formulation which can be used to combat sub nutrition effectively.