

Proximate composition and antioxidant activities of instant noodle fortified with wood ear mushroom (*auricularia polytricha*) powder

ABSTRACT

This study was conducted to determine the proximate composition, total dietary fibre, antioxidant activities and total phenolic content of wood ear mushroom and instant noodles incorporated with 5% of the mushroom powder. The proximate composition of wood ear mushroom powder was 9.76 %, 2.40 %, 7.52 %, 0.15 %, 48.06 %, 69.43 % for moisture, ash, protein, fat, crude fibre, carbohydrate, and total dietary fibre, respectively. The incorporation of wood ear mushroom powder had significant ($p=0.000$) effect on the proximate composition of the instant noodles where it significantly affects the moisture and improved the ash, protein, total dietary fibre, and antioxidant activities. The proximate composition of 5% wood ear mushroom noodles was 10.20% moisture, 2.87% ash, 12.32% protein, 0.22% fat, 5.68% crude fibre and 72.14% carbohydrates while the total dietary fibre was 12.89%. The DPPH inhibition and reducing power capacity was due to the increase of total phenolic content 1.19 mg/ml per GAE in modified instant noodles. In conclusion, the addition of wood ear mushroom powder could have potential health benefits.