



EFFECT OF PROCESSING ON BETA CAROTENE, ASCORBIC ACID AND CHLOROPHYLL RETENTION OF SPINACH AND MINT

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ABSTRACT

Spinach and mint were dehydrated in a cabinet and microwave drier and were subsequently studied for rehydration characteristics. Dehydration varied from 10.20:1.0 to 21.55:1.0, while rehydration ratio varied from 1.0:3.57 to 1.0:5.02 for the two green leafy vegetables. The bulk density of dried vegetables varied from 53.38 to 120.40, whereas the angle of repose was in the range of 40.8 to 56.6. Colour values L, a, b and ΔE were reduced with blanching and drying. Retention of chlorophyll, β carotene and ascorbic acid in dehydrated products varied from 42.54 to 55.45%, 32.08 to 51.96% and 25.58 to 45.85% respectively. On rehydration the ascorbic acid retention was further reduced to 4.52 to 15.80%.
