

Conference Abstract

UTILIZATION OF MANGO SEED KERNEL FLOUR IN MAKING GLUTEN-FREE PROTEIN-RICH CUPCAKES

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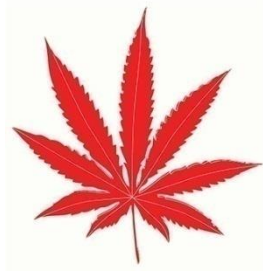
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ABSTRACT

Pakistan is an agricultural country but still its resources are not properly utilized to fulfill its social and economic scarcities. Currently Pakistan is suffering from severe protein-energy malnutrition (prominently children). Not only this, every one third children have deficiency of calcium and iron. These deficiencies can ultimately lead them to, stunted growth, weak bones, anemia, marasmus, kwashiorkor and even death in severities. To overcome these issues this research was conducted and it was found out that a ripe mango consists of 60% of Pulp and 40% of seed and peel. The kernel inside the seed represents about 20 % of whole mango's weight. Mango seed kernel is a rich source of minerals including Calcium, Magnesium, Sodium, Iron, Copper and Zinc. It also has 7.53 % protein and 11.45% fat. The moisture content in it was found to be 9.6% and the ash content was found to be 3.2%. Considering such significant amount of nutrients present in mango seed it was grinded into flour and cupcakes were made out of it. These cupcakes were 100% gluten free and were presented to 11 teachers for sensory evaluation through hedonic scale from which the total acceptability was calculated and found to be 91.27%.



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