

Preparation of ice-cream using natural sweetener stevia

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Stevia is a calorie-free sugar substitute and does not increase the blood glucose level, making it a possible alternative for diabetics and dieters. Ice cream was prepared by replacing sugar with two different concentrations of stevia powder 2.25 per cent and 2.50 per cent. Two flavours were used *i.e* coffee flavour and mixed flavour (vanilla, strawberry and pineapple in equal amount). Sugar was fully replaced by stevia powder. Effect of incorporation of stevia powder in both the flavours was evaluated for the sensory characteristics of ice cream and compared with the control containing sugar. Amongst the two flavour the research shown that the coffee flavour ice cream containing 2.25 per cent of stevia powder was found to have good colour, appearance and texture. It contained protein 2.96 per cent, carbohydrates 7.49 per cent, fat 12.08 per cent, energy 151 kcal/100g, reducing sugar 3.94 per cent, non-reducing sugar 0 per cent, calcium 0.13 per cent, total solids 25.88 per cent and free fatty acids 0.71 per cent.

Key Words : Stevia powder, Ice-cream, Milk, Cream, Sugar, Sensory parameters

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