

# Development of value added papaya and pineapple jams

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Though fruits are rich in vitamins and minerals exposure to higher temperature during the preparation of jam results in lowering the nutrient content and makes it energy dense food. There is ample scope to enhance nutritional value of jam both quantitatively and qualitatively by the process of value addition with nutritious food ingredients. Hence, an attempt was made to develop value added papaya and pineapple jams. Papaya and Pineapple jams prepared with incorporation of nutritious ingredients (beet root powder, deoiled soya meal powder (DOSM), milk powder and watermelon powder) were evaluated to find out the most suitable and highly accepted level of incorporation. The most accepted products were assessed for their nutrient content and were stored to evaluate the shelf-life. The organoleptic evaluation indicated that value added papaya and pineapple jam prepared with incorporation of beet root powder, milk powder, watermelon powder and de-oiled soya meal powder at the levels of 2, 3, 10, 10 per cent and 1, 5, 6 and 8 per cent, respectively were significantly higher over the other variations. Due to value addition there was increase in protein (5.41 g/100g), total minerals (0.73 g/100g), calcium (94.93 mg/100g), iron (7.93 mg/100g) and zinc (2.20 mg/100g) content of papaya jam. The incorporation of nutrient rich ingredients to apple jam was helpful in increasing its nutrient content significantly. There was increase in protein (5.4 g/100g), total minerals (1.41 g/100g), calcium (94.2 mg/100g), iron (16.08 mg/100g) and zinc (2.74 mg/100g) content of pineapple jam. It is concluded that nutrient content can be increased by incorporating nutritious ingredient in both the jams.

**Key Words :** Jam, Beetroot powder, Deoiled soya meal powder, Milk powder, Watermelon powder

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