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Dark chocolate as a antioxidant food: Product development and sensory evaluation

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The objective of present investigation was to develop dark chocolate based products like chocolate brownie and chocolate pudding. Dark chocolate contains 50-90 per cent cocoa solids.Cocoa is rich in plant chemicals called flavanols that may help to protect the heart. Dark chocolate contains upto 2-3 times more flavanol-rich cocoa solids than milk chocolate. Flavanols have been shown to support the production of nitric oxide (NO) in the endolethium (the inner cell lining of blood vessels) that helps to relax the blood vessels and improve blood flow, thereby lowering blood pressure. The developed products were given to the panel of 10 judges products were tested for flavour and taste, body and texture, colour and appearance and over all acceptability. The organoleptic evaluation of products was done by using score card method (9-point hedonic scale). The result of dark chocolate based products *i.e.* chocolate brownie and chocolate pudding. (T_0) and (T_1) was best in all treatments in case of all sensory attributes. The over all acceptability (T_1) chocolate brownie and chocolate pudding were 9.0, 8.95, respectively.

Key Words : Dark chocolate, Antioxidant food, Product development, Sensory evaluation

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