



ABSTRACT

Banana is a starchy food that contains a high proportion of undigestible compounds such as resistant starch and nonstarch polysaccharides. Products with low glycemic response such as pasta are considered favorable to health. The objective of this study was to use unripe banana flour to make spaghetti with low-carbohydrates digestibility and evaluate its physical and texture characteristics, as well as consumer preference. Formulations with 100% durum wheat semolina (control) and formulations with 3 semolina: banana flour ratios (85: 15, 70: 30, and 55: 45) were prepared for spaghetti processing. The use of banana flour decreased the lightness and diameter of cooked spaghetti, and increased the water absorption of the product. Hardness and elasticity of spaghetti were not affected by banana flour, but adhesiveness and chewiness increased as the banana flour level in the blend rose. Spaghettis prepared in the laboratory (control and those with banana flour) did not show differences in preference by consumers. In general, the preference of spaghettis with different banana flour level was similar. The addition of a source of undigestible carbohydrates (banana flour) to spaghetti is possible without affecting the consumer preference.

<http://onlinelibrary.wiley.com/doi/10.1111/j.1750-3841.2009.01215.x/abstract>

CEPROBI - IPN

Autores: Edith Agama-Acevedo, José J. Islas-Hernández, Perla Osorio-Díaz, Rodolfo Rendón-Villalobos, Rubí G. Utrilla-Coello, Ofelia Angulo, Luis A. Bello-Pérez*

Revista: Journal of Food Science.. Volume 74, Issue 6, pages 263–267.