



ISSN (E): 2277- 7695
 ISSN (P): 2349-8242
 NAAS Rating: 5.03
 TPI 2020; 9(10): 338-339
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www.thepharmajournal.com
 Received: 11-08-2020
 Accepted: 16-09-2020

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Quality evaluation of dried vegetables for preparation of soups

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Abstract

Soup enjoy a health image and for good reason, according to Barbara Rolls, Ph.D. a Professor of Nutrition at Pennsylvania State University. Rolls studies and writes about energy density in food. An energy dense meal is less desirable if you are trying to lose weight, while the dense foods tend to have more water and fibre, which fill the stomach without adding a least of calories. Soup is clearly the low calories option (when it is broth, based, cream-based soups would be more energy dense because of use of butter fast).

Keywords: Quality, evaluation

Introduction

Soup is often served as the first course of a dinner, but it can also be the main part of a meal such as luncheon. Soup is very easy to make and uses ingredients that are easy to purchase and not costly, not only is soup economical to make but also provides a very, healthy and nutritious meal. Soup is often using to help in the recovery of sickness, particularly if the patient is only able to digest liquids. Soup serves two purposes – first as an appetizer taken at the beginning of a meal to stimulate the appetite and aid in the flow of digestive juices in the stomach. The important part that soup plays in many meals I not heart to realize, for it is just what is needed to arouse the flagging appetite and create a desire for nourishing food one should not forget the importance of adding vegetable and related dishes in to the menu because of presence of great amount of minerals and vitamins in the variety of vegetables.

Objectives

1. To dry the vegetables in sun for preparing soup.
2. To formulate a flavoured soup from dried vegetables.

Methodology

This study was conducted in FSN laboratory of C.S. Azad University of Agriculture and Technology, Kanpur. Dry tomato soup was sundry method. Nutritional analysis method used determination of moisture, ash, extractive crude protein and calcium estimation.

Results

Table 1: Mean nutritive value of tomato, spinach and mushroom powder

(in 65 g)

Sample	Protein (g)	Fat (g)	Calcium (g)	Ash (%)	Moisture (%)
Tomato	1.56	0.39	12.45	0.52	4.72
Spinach	1.70	0.19	47.52	1.70	4.65
Mushroom	1.41	0.5	3.25	1.40	4.45

Tomato, spinach and mushroom soup powder was prepared by sun drying method from fresh, ripe, mature, tomato, spinach and mushroom vegetables. The samples were analyzed for various nutrients and results are presented in table 1. Spinach soup powder had higher protein content (3.47%) than the mushroom (3.19%) and tomato (2.48%), respectively. Tomato soup powder contained 3.75 g ether while spinach soup powder 4.89 g, whereas, mushroom powder contained 3.75 g ether.

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Calcium content in sun dried tomato, spinach and mushroom soup powder differed significantly. Calcium content of tomato powder was found 76.52 mg, while in spinach powder 121.75

mg, whereas, in mushroom powder calcium content was 67.37 mg. So we can say that spinach soup powder had more ash content than mushroom and tomato soup powder.

Table 2: Mean and standard error of organoleptic evaluation of sun dried tomato, spinach and mushroom powder soup

Sample	Appearance	Taste	Flavour	Texture	Overall acceptability
Tomato	7.6	8.6	8.4	8.0	8.0
Spinach	8.0	8.2	8.2	7.6	7.9
Mushroom	7.8	7.2	7.6	8.0	7.6
SE (diff.)	0.77	0.44	0.30	0.46	0.59
CD (5%)	NS	0.87	0.72	NS	NS

SE – Standard Error

CD – Critical Difference

NS – Non-significant

Tomato, spinach and mushroom soup was analyzed by 9 point hedonic scale for organoleptic acceptability. Spinach soup had better appearance than mushroom and tomato soup. Tomato soup had better taste than mushroom and spinach soup. Tomato soup had better flavour than mushroom and spinach soup. Tomato and mushroom soup had better taste than spinach soup. Tomato soup had better overall acceptability than spinach and mushroom.

Conclusion

Soup is clearly the low calorie option (when it is broth based, cream-based soups would be more energy dense because of use of butter fat). But soup is nutritious simply because it can be made at home. Soup is often used to help in the recovery of sickness particularly if the patient is only able to digest liquids.

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