



Food and Nutrition, Thai Dessert

Rutai Ruangthamsing agrtr@ku.ac.th
M.H.E. (Food and Nutrition) Kasetsart University, THAILAND
B.S. (Home Economics) Kasetsart University, THAILAND



The research focused on Thai Dessert nutrition when reducing or increasing some ingredient for better quality.

Nutritional Qualities, Texture, Color and Acceptance of Kanomchan As Influenced by Red Kidney Bean and Sucrose Addition

Nutritional value, texture, color and acceptability of kanomchan (a Thai layer cake) as affected by different levels of red kidney bean addition were studied. Kanomchan added with red kidney bean exhibited higher protein content, hardness than the control ($p < 0.05$). L^* , a^* and b^* of samples were affected by red kidney bean addition. Kanomchan added with 50% red kidney bean and 20% sucrose had more likeness in color, texture and overall liking than other samples ($p < 0.05$).



หลังงาน (A)

Development of reduced-calorie Khanom Arlua by using sugar substitutes

This study was investigated to develop Khanom Arlua recipe using erythritol-sucralose as a sugar substitute. The amount of erythritol-sucralose at 35% showed the highest sensory scores in appearance, color, sweetness, flavor, texture, aftertaste and overall liking. The other properties including the moisture content (12.68%), water activity content (0.76), L^* , a^* and b^* (51.58, 0.64 and 6.23) had been revealed. In addition, decreased diameter, hardness and stickiness showed also at 28.85%, 428.25 g. and -25.76 g.sec respectively. Finally, a number of total caloric value and carbohydrate content were decreased 17.65 and 28% compared to sugar recipe but protein, fat and vitamin content were the same.

