

Value Added Iron Rich Jam Incorporated with Palmyra Jaggery (*Borassus Flabellifer*)

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ABSTRACT

Introduction: Jam is a widely consumed fruit-based product valued for its taste, texture, and convenience. Palmyra jaggery (*Borassus flabellifer*), a natural sweetener rich in iron, has the potential to enhance the nutritional profile of jam, making it a functional food. Assessing its sensory characteristics, Total Soluble Solids (TSS), and moisture content is essential to ensure product quality.

Aim: This study aims to develop an iron-rich jam using Palmyra jaggery and evaluate its sensory properties, TSS, and moisture content.

Materials and Methods: Palmyra jaggery was incorporated as the primary sweetening agent in different proportions. A sensory evaluation was conducted using a nine-point hedonic scale, where

a panel of selected members assessed taste, texture, aroma, and color to determine the most acceptable formulation. Additionally, TSS and moisture content were analysed to ensure product stability.

Results: Sensory evaluation revealed high acceptability, with favorable responses regarding sweetness, smoothness, and color. TSS and moisture content analysis confirmed product stability.

Conclusion: The incorporation of Palmyra jaggery in jam formulation enhances its nutritional value while maintaining desirable sensory attributes. This innovation holds potential as a functional food to support iron intake, particularly for individuals prone to iron deficiency anaemia.

Keywords: Functional food, Sensory evaluation, Total soluble solids

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