

Development and Evaluation of Black Garlic Powder in Mushroom Instant Soup Premix

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ABSTRACT

The increasing demand for functional and convenient food products has led to the development of innovative food items that combine nutritional benefits with ease of preparation. One such development is the incorporation of black garlic powder into a mushroom instant soup premix, aimed at enhancing both the flavour profile and health benefits of the final product. Black garlic, known for its unique taste, rich antioxidant content, and potential health-promoting properties, has been explored as a functional ingredient.

This study focuses on the development of an instant soup premix that incorporates black garlic powder along with mushrooms, a popular functional food rich in vitamins and minerals. The process involves selecting optimal proportions of black garlic powder and mushroom powder to balance flavour, texture, and nutritional content. The premix undergoes rigorous sensory evaluation to assess attributes like taste, aroma, appearance, and overall acceptability.

In addition to sensory evaluations, the study also includes a nutritional analysis to determine the antioxidant activity, bioactive compounds, and other health benefits of the soup premix. The results are compared with traditional instant soup products to highlight the potential advantages of the black garlic-infused version. Furthermore, the shelf-life stability of the premix is evaluated to ensure its longevity and convenience as a ready-to-use food product.

Overall, the development of black garlic powder-based mushroom instant soup premix offers a promising product that combines convenience with enhanced functional benefits, catering to the growing demand for healthier and innovative food solutions. The evaluation results demonstrate its potential as a market-ready product with significant consumer appeal.

Keywords: Black garlic powder, Mushroom instant soup premix, Functional food, Nutritional benefits, Antioxidants

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