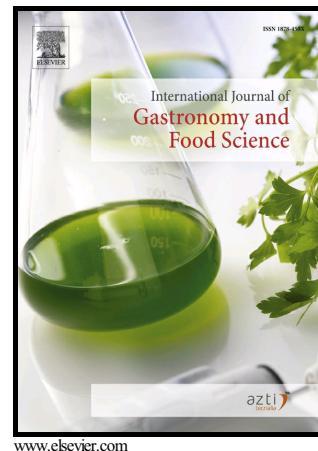


Author's Accepted Manuscript

Steaming and *sous-vide*: Effects on antioxidant activity, vitamin C, and total phenolic content of *Brassica* vegetables

Tomás Lafarga, Gloria Bobo, Inmaculada Viñas,
Lorena Zudaire, Joan Simó, Ingrid Aguiló-Aguayo



PII: S1878-450X(18)30005-2

DOI: <https://doi.org/10.1016/j.ijgfs.2018.05.007>

Reference: IJGFS105

To appear in: *International Journal of Gastronomy and Food Science*

Received date: 11 January 2018

Accepted date: 28 May 2018

Cite this article as: Tomás Lafarga, Gloria Bobo, Inmaculada Viñas, Lorena Zudaire, Joan Simó and Ingrid Aguiló-Aguayo, Steaming and *sous-vide*: Effects on antioxidant activity, vitamin C, and total phenolic content of *Brassica* vegetables, *International Journal of Gastronomy and Food Science*, <https://doi.org/10.1016/j.ijgfs.2018.05.007>

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting galley proof before it is published in its final citable form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.

Steaming and *sous-vide*: Effects on antioxidant activity, vitamin C, and total phenolic content of *Brassica* vegetables

Tomás Lafarga^a, Gloria Bobo^a, Inmaculada Viñas^b, Lorena Zudaire^a, Joan Simó^c, Ingrid Aguiló-Aguayo^{a*}

^aIRTA, XaRTA-Postharvest, Parc Científic i Tecnològic Agroalimentari de Lleida, Edifici Fruitcentre, 25003, Lleida, Catalonia, Spain.

^bFood Technology Department, University of Lleida, XaRTA-Postharvest, Agrotecnio Center, Lleida, Spain

^cFundació Miquel Agustí, Campus del Baix Llobregat, Esteve terrades 8, 08860 Castelldefels, Spain.

Tomas Lafarga: tomas.lafarga@irta.cat
Inmaculada Viñas: ivinas@tecal.udl.cat
Gloria Bobo: gloria.bobo@irta.cat
Lorena Zudaire: lorena.zudaire@irta.cat
Joan Simo: joan.simo@upc.edu

*Corresponding author: Dr Aguiló-Aguayo. Institute of Agrifood Research and Technology (IRTA), Lleida, Spain | Phone: (+34) 973 003431 | email: Ingrid.Aguilo@irta.cat

Abstract

The present study evaluated the effect of thermal processing on the colour, antioxidant activity, vitamin C content, and total phenols of six *Brassica* vegetables. The landrace Grelo was the best source of total phenols (162.7 ± 3.5 mg/100g; $p<0.05$). Cavolo Nero di Toscana, also known as “black cabbage”, showed the highest content of vitamin C, calculated as 290.6 mg/100g ($p<0.05$). The concentration of total antioxidants, phenols,

Download English Version:

<https://daneshyari.com/en/article/11005583>

Download Persian Version:

<https://daneshyari.com/article/11005583>

[Daneshyari.com](https://daneshyari.com)