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Reducing sodium chloride content in meat burgers by adding potassium chloride and onion

Slobodan Lilic^{a,*}, Ivana Brankovic^a, Vladimir Koricanac^a, Danijela Vranic^a, Ljiljana Spalevic^b, Milos Pavlovic^c, Brankica Lakicevic^a

^a*Institute of Meat Hygiene and Technology, Kacanskog 13, 11000 Belgrade, Serbia*

^b*Institute of Veterinary Medicine, Vojvode Toze 14, 11000 Belgrade, Serbia*

^c*Faculty of Veterinary Medicine, Bulevar oslobodjenja 18, 11000 Belgrade, Serbia*

Abstract

The goal of this paper was to examine the reduction of sodium chloride by partial replacing with potassium chloride and the influence on taste acceptability of meat burgers. Sodium chloride content in burgers produced with 1.5% of salt and half of partial replacement of sodium chloride with potassium chloride in burgers was 0.62-0.67% in fresh and 0.72-0.93% in grilled burgers. The best taste acceptability had burgers with 1.5% of added sodium chloride and burgers with 1.5% salt and 50 g of added onion, in which the partial replacement of sodium chloride with potassium chloride was one half.

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1. Introduction

Sodium chloride (salt) is traditionally used for preserving meat and has positive effects on the taste, texture, water holding capacity and the reduction of water activity. According to some data, daily requirement in sodium for adults,

* Corresponding author. Tel.: +381-11-2650-655; fax: +381-11-2651-825.
E-mail address: slobo@inmesbgd.com

to maintain metabolic processes and needs is below 1500 mg. However, daily intake of sodium is often over 5000 mg. The American Heart Association recommends for persons with hypertension daily intake of not more than 1500 mg, and for persons with congestive heart disorders, daily sodium intake of not more than 1000 mg. Also, excessive sodium intake can lead to: direct risk of heart attack¹; hypertrophy of the left chamber²; sodium retention in extracellular fluid, i.e. water retention and clinical and idiopathic oedema, especially in women³; Increased hardness, i.e. decrease of elasticity of blood vessels, especially arteries, independent of the blood pressure⁴; proteinuria, primarily to urinary excretion of albumin, resulting in increased risk of heart and kidney diseases⁵; greater possibility of infection by *Helicobacter pylori* and risk of stomach cancer⁶; increase of urinary excretion of calcium and risk of forming of kidney stones⁷; also risk of reduced bone density, resulting in osteoporosis and compressive bone fractures, especially in case of women in menopause⁸; exacerbations (more intensive and longer) asthmatic seizures⁹; increase of HOMA (homeostasis model assessment) insulin resistance in patients with essential hypertension, the majority of which have reduced glucose tolerance¹⁰; and indirect incidence of obesity due to intensive intake of refreshing, non-alcoholic beverages¹¹. Potassium chloride is the most common salt replacer, but use of potassium salts has often been disputed because of potential sensibility of one part of the human population, such as persons suffering from diabetes type I, chronic renal insufficiency, last stage of kidney diseases, persons with heart and adrenal insufficiency¹². US Dietary Guidelines¹³ indicate that diets rich in potassium weaken the effects of salt on blood pressure and daily potassium intake of 4.7 g is recommended. Various diet salts as mixtures of sodium chloride and potassium chloride which improve the excretion of sodium from the organism are already on the market¹⁴. Meat burgers are very popular products in the Balkan region, particularly among young population, and which are consumed often in restaurants, small retail outlets and fast food outlets. Due to that, the goal of this study was to examine the possibility of reduction of sodium chloride by partial replacement with potassium chloride and the influence on taste acceptability of meat burgers.

2. Materials and methods

Six groups of meat burgers were prepared, two control groups and four experimental groups. The composition of burgers is given in Table 1.

Table 1. Composition of burgers.

Group	Beef, g	Pork, g	Water, ml	NaCl, g	KCl, g	Onion, g
C1 (control)	360	90	50	10.00	-	25
C2 (control)	360	90	50	7.50	-	25
E1	360	90	50	5.00	2.50	25
E2	360	90	50	3.75	3.75	25
E3	360	90	50	5.00	2.50	50
E4	360	90	50	3.75	3.75	50

Products from the first control group (C1) were produced with the amount of sodium chloride (NaCl) that is usually used during the burger production in small meat factories and retail outlets. Products from the second control group (C2) contained 25% less sodium chloride than the products from the first control group (C1). Burgers from the first and the third experimental group (E1 and E3) contained 50% less sodium chloride than burgers from the first control group (C1), and this was replaced with the same amount of potassium chloride; burgers from the second and the fourth group (E2 and E4) contained 50% less sodium chloride than burgers from the second control group (C2), and this was replaced with the same amount of potassium chloride. Burgers from groups C1, C2, E1 and E2 contained the same amount of onion (25 g/500 g), while burgers from groups E3 and E4 contained more onion (50 g/500 g).

Sodium chloride content in fresh and grilled burgers was determined according to AOAC¹⁵. For sensory evaluation of taste acceptability of grilled burgers, a numeric-descriptive scale with 5 points was used (1 – not

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