



## Development, Sensory Evaluation and Proximate Analysis of Kishmish Muffins

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### ABSTRACT

An assortment of simple and complex carbohydrates, protein, fat, fiber, vitamins, and minerals can be found in muffins, a convenient snack food. Compared to other common dried fruits, Kishmish has the highest polyphenolic content and antioxidant level. Consuming raisins lowers blood pressure, Low-density lipoprotein (LDL) cholesterol and blood sugar, which lowers the chance of developing cardiovascular disease. People's health and nutrition are enhanced by eating kishmish. The goal of this study was to produce a nutritious food kishmish muffin and determine consumer acceptance of it. Three phases were used to complete the work. The first stage of the study is gathering all the raw materials and making nutritionally muffins. In the second phase of the study, muffin acceptability is assessed using a 9-point hedonic scale. Proximate analysis of the product, including moisture, ash, fiber, fat, protein, and carbohydrates, were examined in the third phase. The results of the sensory evaluation report shows that Sample C scored better than the other muffin. The Sample C with the highest level of acceptance is chosen for further formulation and proximate analysis. Kishmish muffins chemical composition was examined, and it was discovered that they contain 316.50 kcal/100g, 52.64 g of carbohydrates, 4.48 g of protein, and 9.78 g of fat.

**Key words:** Kishmish, Muffins, Sensory Evaluation, Proximate analysis.

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### INTRODUCTION

Kishmish (Raisins) contain the most polyphenols and have the highest antioxidant ORAC values to other conventional dried fruits. Many of the polyphenols in raisins are accessible and well-absorbed. Comparing raisins to similar calorie carbohydrate snacks, Low-density lipoprotein (LDL) cholesterol, blood pressure, and blood sugar levels are decreased and there is a lower risk of CVD. It is unclear whether raisins have chemopreventive or anti-inflammatory properties. Consuming raisins accelerates intestinal transit and alters the gut's flora for the better [4, 2].

Raisins are a main ingredient in kishmish muffins, a sort of cake. There are many different sizes, shapes, and flavours of muffins. The baked bread known as muffins is sweeter than cupcakes without icing. The procedure for making kishmish muffins involves a mixture of ingredients and baking it in the oven. They have a delightful texture that is soft and spongy. Due to its unique characteristics and the fact that consumers eating habits are changing and they are in need of convenient foods like muffins, cake, biscuits, etc., baked goods like muffins and cake have become the most popular across all age groups from childhood to adults globally [6, 5].

Typically, Kishmish muffins is made with regular cake ingredients. In which kishmish reduce blood pressure, sugar to lower risk of developing heart disease and helps to lower LDL (bad) cholesterol. Milk is a water-based liquid made up of dissolved carbohydrates, protein aggregates, and minerals that contains butterfat globules suspended within it. In this approach, the gluten that makes muffins soft. The most crucial job that eggs perform is to provide the cake structure and moisture. It enhances the cake's flavour and nutritional benefits. The muffins layer will be unusually thick and peel off as flakes if there are too many eggs used. Egg whites are known for their ability to produce foam well [2, 5].

The goal of this study was to produce a nutritious food kishmish muffin, Proximate analysis and determine consumer acceptance of it.

### MATERIALS AND METHODS

#### Procurement of raw material

Kishmish, butter, sugar, milk, all-purpose flour, baking soda, baking powder, Egg, Cocco powder and Vanilla essence were purchased from local market. Eggs, Butter and milk were stored in the refrigerator until use.