

## عنوان مقاله:

Effect of Sun-Drying and Roasting on Pistachio Quality and Health Benefits

## محل انتشار:

مجله بین المللی علوم و فنون باغبانی، دوره 11، شماره 3 (سال: 1403)

تعداد صفحات اصل مقاله: 9

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## خلاصه مقاله:

Since processing may affect the quality and benefits of foods, a study was conducted to compare some properties of fresh, sun-dried (constant water content of ۴%) and oven-roasted (۱۳۰ °C for ۲۵ min) pistachio nuts of two cultivars. Carotenoid, iron, copper, manganese, and total saturated, total unsaturated, palmitic and linolenic fatty acids showed no statistical difference ( $P \leq 0.05$ ) among the samples. Comparing 'Akbari' cultivar, 'Ahmadaghaei' cultivar had less anthocyanin and less palmitoleic acid. Drying and roasting reduced antioxidant activity, flavonoid content, and arachidonic acid content, while increased kernel firmness, malondialdehyde and hydrogen peroxide. Chlorophyll content was higher in dried and roasted than fresh status in both cultivars. Stearic acid had a stable content in 'Ahmadaghaei', but increased by drying and roasting in 'Akbari'. Oleic acid increased by drying and roasting in 'Ahmadaghaei'. In 'Akbari', oleic acid first decreased by drying and then increased to the initial level by roasting. Linoleic acid decreased by drying and roasting in 'Ahmadaghaei'. In 'Akbari', it revealed an increasing trend by drying, but again decreased to the initial content after roasting. It was concluded that the condition which was used in this experiment for drying and roasting the pistachios was not harmful and had some advantages which lead to better storage of pistachios.

## کلمات کلیدی:

Antioxidant, Fatty acids, Malondialdehyde, minerals, processing

## لینک ثابت مقاله در پایگاه سیویلیکا:

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