

Oil content in fried processed sweet potato products

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Abstract

Ninety four different sweet potato cultivars with various dry matter contents were used to process crisps and the end product was analyzed to determine the oil content. A linear relationship between dry matter content in raw sweet potato storage roots and the level of oil uptake in crisps was determined. Sweet potato storage roots with 23-25% ifwb) dry matter content gave crisps containing between 21 % and 32% of oil, while the fat contents of crisps from potatoes having similar dry matter content were 36% and more. Consequently, storage roots from Kemb 10 sweet potato cultivar having a high dry matter content of 32.9% tfwb), either in boiled and mashed, raw and grated, or flour form, were used to partially substitute wheat flour in processing fried products. It has been found that boiled and mashed sweet potato lessens oil uptake in mixtures of fried products such as "mandazis" (doughnuts).