# EFFECTS OF DIFFERENT PECTIN SOURCES ON SOME QUALITY PARAMETERS OF WATERMELON (CITRULLUS LANATUS) JELLY.

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#### **ABSTRACT**

Watermelon was used to produced jelly using pectin from different fruits (lime, lemon, orange, pineapple and grape), and jelly without the addition of pectin served as control. Physicochemical and proximate analysis were conducted on the jelly samples using standard methods, while sensory evaluated was conducted using 20 member panelists. Results showed for physicochemical: pH ranged from 3.28-3.63, TSS ranged from 60.39-67.27%, TTA ranged from 0.58-0.82%, brix content ranged from 17.53-25.78 and vitamin C ranged from 11.61-23.49. The proximate composition showed that moisture content range from 29.50 to 38.64%, ash ranged from 1.03 to 0.96%, crude protein ranged from 0.84 to 1.09%, crude fats ranged from 1.09 to 0.62%, the total solids ranged from 38.64 to 70.48%, carbohydrate ranged from 59.21 to 67.66% while crude fibre showed no value. Sensory evaluation showed that all the samples were acceptable to the panelists with respect to overall acceptability. The work also revealed that fruit waste can be utilized in jelly production.

**Keywords:** Pectin, Jelly, Physicochemical, Proximate, Sensory evaluation

#### INTRODUCTION

Jelly is a soft, semi-solid food with substance resilient a consistency made by setting of a liquid containing pectin or gelatin, or by the addition of gelatin to a liquid especially such a substance made of fruit containing pectin boiled with sugar. Jelly can be made from sweet, savory or hot ingredients. It is made by a process similar to that for jam making, with the additional step of filtering out the fruit pulp after initial heating. Jelly gelled appropriately is an mixture of sugars and juice and/or aqueous extracts of one type of fruit or two or more types of fruits, jellies are made from fruit juice devoid of solid particles (Okaka 2005). Jellies are usually made from fruits that have high natural pectin, although the use of additional pectin will guarantee that a gel is formed (Wind, 2010). Good jelly is clear and sparkling, and has a fresh flavor of the fruit from which it is made. It is tender enough to quiver when moved, but hold angles when cut (Middletown, 2011).

Ideally. fruits for ielly production should contain sufficient pectin and acid to yield good jelly, because pectin is virtually contained in all fruits and can be extracted. Jelly if properly processed and stored in an air tight container can stay for more than one year if not opened and six opened months if but refrigerated (Taouk, 2007). Pectin refers to the group of complex diverse polysaccharides found in the primary cell wall and intercellular (middle space lamella) of plant cells. It is abundant in young tissues and is characteristics the of constituents fruits (Ihekoronye and Ngoddy 1985). Pectin is a highly molecular polymeric carbohydrate which plants all present in 1995). (Kringelum, It is a purified carbohydrate product generally obtained from the acid extraction of the inner portion of citrus peels and (Meloan apple pomace

Pomeranz. 1980). I<sub>†</sub> is responsible for the gelling of boiled fruits preparations (Macrae et al., 1993). As a stabilizer, it is important in several manufactured products such as jelly, pectin in foods prevents separation of various ingredients of the mix (Okaka and Okaka 2001). Fruits are usually consumed however, due to the fact that they are highly perishable and seasonal in nature, large quantities processed are particularly developed in countries. Examples of fruits are watermelon, orange, guava, mango, tangerine, cherry, pineapple etc (Frazier, 1998). Although watermelon commonly referred to as fruits, but they are really vegetable. Fruits like watermelon loaded with antioxidants which are associated with a decrease risk of prostate cancer and cervical cancers, fight heart disease and protect the body against molecular degeneration, apart from the supply of vitamins, their chief function as foodstuffs is to provide the protective substances, roughages etc. (Mao, 2011).

Watermelon (citrullus lanatus). is a tropical fruit that is mainly eaten in its raw form. However, its consumption pattern in many developed countries especially USA, has shifted from fresh fruit to the processed forms like jelly, wine, jam, preserves etc. for increased convenience. year round availability, and quality uniform (Blomberg, 2004), unlike countries like Nigeria, where it is consumed fresh and raw due inadequate technologies. processing Watermelon is one of such fruits mostly affected by post harvest deterioration (PHD), owing to its high perish-ability because of high content water which contributes about 99% of the total weight. Nutritional, Watermelon is rich carotenoids including in lycopene, phytoene, betalutein carotene. and neurosporene (El-adawy Taha, 2001). Lycopene made up majority of carotenoids in watermelon. The carotenoid content depending on the variety of the watermelon. Depending on the variety, carotenoid content in red fleshed watermelon varies

37-121mg/kg fresh from weight, where as lycopene varies from 35-112mg/kg (Eladawy and Taha, 2001). And the amino acid citrulline has also been isolated from watermelon (Mandel et al. 2005). Watermelon seeds are excellent source of protein essential and (both essential amino acids) and oil. The seed contains about 35% protein, 50% oil and 5% dietary fibre: it is also rich in microand macro nutrients such as magnesium, calcium, potassium iron, phosphorous and zinc (Eladawy and Taha, 2001). In most developing countries Nigeria inclusive, pectin is imported from Europe, United States of America and other parts of the world. research would seem to be a good market for supplying local fruit process with pectin to substitute for imports. addition, there is the need to investigate the potentials of tropical other fruits watermelon which is abundant but currently underutilized in commercial jelly production.

Therefore, the objectives of this study are to produce jelly using watermelon fruit juice, evaluate the effectiveness of pectin from different sources orange, lime, lemon, grape and pineapple to produce quality jelly and compare the physicochemical, proximate and sensory qualities of the jellies produce.

#### MATERIALS AND METHODS

materials raw include (lemon, lime, orange, pineapple) and grape watermelon were purchased from Ubani main market in umuahia, Abia State, while reagents and other materials were sourced from central laboratory of National Root Crop Research Institute (NRCRI) Umudike, Abia State, Nigeria.

# Preparation of Pectin from Different Fruit

The fruits (lemon, lime, orange, grape and pineapple), were sorted to remove deteriorated ones. They were washed thoroughly with clean water,

weighed, peeled, and the peels oven-dried. The dried peels were blended with a super interment electric blender (SB-242, Sonik, Japan) and sieved to obtain fine powder, which was weighed and stored in clean dry containers till further use.

#### Preparation of Sugar Syrup

hundred (300ml)Three milliliters of clean water was added to two hundred and eighty (280g) grams of sugar. It was allowed to boiled for 10 minutes, and 4 grams of citrus acid added, it was allowed to boil again until a slippery feel of gel was formed, after it was off put from the generator and allowed to cool.

### Processing of Watermelon Jelly Using Pectin from Different Fruits

The watermelon fruit was washed with clean water and cut into small sizes. The seeds were carefully removed with knife; it was then peeled and blended with a super interment electric blender (SB-242, Sonik, Japan). The juice was sieved with muslin cloth and kept in a clean bowl.

#### Jelly Production

One hundred and eighty (180g) grams of the fruit juice was concentrated and the prepared sugar syrup was added boiling. followed by the addition of pectin. Ιt was allowed to boil with constant stirring until it gelled. The gelation temperature and time were taken. The procedure was followed for all the different pectin produced. The prepared jellies carefully poured into steam sterilized bottles and covered immediately. The above procedural steps were carefully followed for the production of another jelly, with exceptional step of pectin addition, this served as the control.

## Physicochemical Analysis of Watermelon Jelly pH

The pH of the jelly sample was measured directly using a pH meter (Jens way modal). Twenty milliliters of the samples was put in a fifty milliliters glass beaker. The electrodes of the pH meter was rinsed and put inside the

jelly, and the pH reading was read directly from the screen of the meter when the point became steady.

### Determination of Total Soluble Solids (TSS)

This was determined using (1995) method. Two AOAC milliliters of the sample was measured with a previously weighed evaporating dish. The dish and sample content was put in a carbolyte moisture extraction oven at 105 °C. The evaporated sample was dryness and dried to a constant weight. It was allowed to cool in a dessicator and reweighed. By weight difference, the weight of soluble solids in the sample was determined and expressed as the percentage of the sample weight. The total soluble solid was given by;

%TSS=  $(w_2-w_1)100/volume$  of sample.

# Determination of Total Titratable Acidity (TTA)

This was carried out in accordance with the method described by AOAC (1995).

Distilled water (100 milliliters) was put into a conical flask. Five milliliters of the sample five drops and phenolphthalein (indicator) were added to the conical flask. The mixture was titrated against 0.01N solution sodium hydroxide (NaOH). The end-point was reached when colour change was observed, after adding drops of NaOH solution.

%titratable acidity = average titre × 0.09.

### Brix Determination (%Sugar)

The total sugar content of the sample was determined using Anthrone method the. described by Ojiako and (1997).Standard Akubugwo glucose solution (10mg/100ml) prepared and diluted was serially to obtain dipparent concentration of alucose solution. Five millilitres of each diluent measured was separate test tubes. Similarly, 1.0 millilitre of each prepared test samples measured with separate test tube. Each of the separate test tubes containing

two millilitres of the extracts was treated with six millilitres of Anthrone reagent. All the test tubes were boiled for ten minutes with covers, so as to evaporation. prevent absorbance of the developed colour solution in each case was read in a spectrophotometer at 620nM. From the reading of the standard glucose solution, a standard graph was plotted and used to extrapolate the sugar content of each of the test samples.

%sugar= X×F

Where; X= concentration of curve and F= experimental factor.

### Determination of Vitamin c Content

The vitamin C content of the samples was determined by the Barackat titrimetric method. Twenty grams of each sample homogenized was in one millilitres hundred οf EDTA/TCA extraction solution. by blending for five minutes. The homogenate was filtered and the filtrate used for the analysis. Filtrate for each test sample was passed through a packed cotton wool containing

activated charcoal to remove the colour. The volume of the filtrate was adjusted to one hundred millilitres by washing with more of the extraction solution. Twenty millilitres of each filtrate was measured into a conical flask, ten millilitres of potassium iodide solution was added to each of the flask followed by five millilitres of starch solution (indicator), and mixture titrated was 0.01 millilitres against copper II tetra sulphate IV solution

### Proximate Composition

Moisture, fat, crude fibre, crude protein and ash were evaluated by method of AOAC (1995), while carbohydrates was calculated by difference (James, 1995).

# Sensory Evaluation of the Watermelon Jelly

Sensory evaluation of the jelly samples was conducted using a randomly selected 20-member panel (Iwe, 2010). The sensory quality attributes of the samples tested include colour, taste, aroma, spreadability, gelation, mouthfeel and general

the acceptability. In questionnaire, the panellists were required to observe and taste each sample as coded and grade them on а 9-point ranged hedonic scale which from like extremely for 9 to dislike extremely for 1, with 5 as neither like nor dislike (Iwe, 2010).

#### Statistical Analysis

Data from this work were subjected to analysis of (ANOVA) variance using Statistical Program for Social Science version 21.0 (IBM SPSS Inc., Chicago, IL). Means separated using were Turkey's test (Ihekoronye and Ngoddy, 1985).

#### DISCUSSION

The Physicochemical Properties of Watermelon Jelly.

The result of the physicochemical analysis of the watermelon jelly is presented in table 1.

The pH of the jelly samples ranged from 3.28 - 3.63, which is slightly higher than the set

standard for jams and jellies 3.1 - 3.2 (Smith, 2006), with sample DZY having the closet value (3.28) to the standard, and this showed that samples are acidic. Sample WWB (control and without pectin) has the highest pH value, this result also agreed with the findings of Smith (2006), that pectin added to jelly sample lowers the pH and acidity of the sample. However, since the pH of jelly samples can be used to determine the type of pectin as well as gel firmness, it can be deduced here that the pectin produced from lime, orange, pineapple, lemon and grape are lowmethoxyl pectin (slow-set), as their pH is not up to 3.6 for rapid set pectin used for jams and preserves (smith, 2006). The acidic level could also be attributed to the added citric acid for preservation of the samples.

The TTA of the samples ranged from 0.5 to 0.82%. This value correlates to TTA values recorded for jelly by Verma and Joshi, (2001) of 0.5 to

1.0%. It can also be deduced that Table 1 acidity increases with decrease in pH. Total soluble solids (TSS) of the jelly samples (Table 1) increased with addition **ADF** pectin. Sample pectin) recorded mean value of 67.27%, which is the highest in the series, this is in accordance with the results of Philips and Williams (2000).reported that pectin from lime yield good gel and gives other benefits to the final product. TSS ranged from 60.39 to 67.27% and sample WWB has the lowest value of 60.39%. However, the value of TSS agreed with standard TSS for jam and jelly, which is within 65-68% (Azam-Ali, 2009). **WWB** differed Sample significantly from the others at p≤0.05.

Brix content measures the residual sugar level of a sample. Brix ranged from 17.53 to 25.78%. Sample with pectin from pineapple have the highest mean value of 25.78%. This may be because of high content of sugar in pineapple, orange pectin followed with

mea value of 24.31%, then lemon with 21.77%, while grape and lime has 19.64 and 18.56% respectively and sample without pectin has the lowest mean value of 17.53%.

The vitamin C content of the samples ranged from 11.61 to 23.49mg/100. These showed the samples have reasonable quantity of vitamin C. These may be as a result according to Howstuffwork, (2009), that watermelon is an excellent source of vitamin C. From this result, it can be deduced also that the vitamin C content increased with addition pectin, with Vitamin content of pectin pineapple having the highest mean value of 23.49mg/100 and that without pectin with a value of 11.61mg/100g.

Table 1: Mean Values of Physiochemical Results of Watermelon Jellies from Different Pectin Source

Sample/ Treatme	Grape FOA	Lemon DZY	Orange QPG	Pineapple OFG	Lime ADF	Control WWB	LSD
рН	3.35°±0.0 1	3.28 <sup>f</sup> ±0.0	3.43 <sup>d</sup> ±0.0 4	3.48 <sup>b</sup> ±0.0 4	3.47°±0.0 1	3.63°±0.0 4	0.01
TTA (%)	0.77 <sup>b</sup> ±0.0	0.62°±0.0	0.73°±0.0 1	0.65 <sup>d</sup> ±0.0	0.82 <sup>e</sup> ±0.0	0.58 <sup>f</sup> ±0.0	0.01
TSS (%)	62.91°±0. 01	65.47 <sup>b</sup> ±0. 02	63.63 <sup>d</sup> ±0. 04	64.47°±0. 02	67.27°±0. 04	60.39 <sup>f</sup> ±0. 01	0.03 2
Brix	19.64 <sup>d</sup> ±0. 02	21.77°±0. 01	24.31 <sup>b</sup> ±0.	25.78°±0.	18.56°±0. 06	17.53 <sup>f</sup> ±0. 12	0.04 3
Vitamin C (mg/100 g)	19.53 <sup>e</sup> ±0. 12	19.65 <sup>d</sup> ±0. 21	21.64 <sup>b</sup> ±0. 02	23.49°±0. 01	13.53°±0. 12	11.61 <sup>f</sup> ±0.0	0.30

Values are means  $\pm$  standard deviation of triplicate determinations. Means bearing different superscript on the row are significantly different at p<0.05. Where FOA= jelly made with pectin from grape, DZY = jelly made with pectin from lemon, QPG = jelly made with pectin from orange, OFG = jelly made with pectin from pineapple, ADF = jelly made with

# Proximate composition result of jelly samples.

pectin from lime, while WWB = control with pectin

The result of the proximate composition of the watermelon jelly samples are showed in Table 2. The result of the proximate analysis showed that

the percentage moisture content of the samples ranged from 29.53 to 38.64%, this range is within range as described by Mayhew, (2008). However, the samples differed significantly in their moisture content at  $p \le 0.05$  probability

sample level. with without (control) pectin having highest mean value of 38.64% and sample produced from lime pectin with 29.53%. The high moisture recorded for samples implied that packaging materials for jelly products should be air tight and this also addition advocates for preservatives, so the samples longer. could last percentage ash content of the samples varied from 0.03 to 0.95%, this revealed that the samples are low in mineral content. The crude fat of the samples are low ranging from 1.09 to 0.63%, this can be attributed to the fact that most fruits are low in fat content (Lannelli, 2008). The samples are also low in protein content ranging from 0.84 to 1.09%, which is also supported by findings of Lannelli, (2008),

with sample WWB having the lest mean value and ADF has the highest mean value The protein content. carbohydrate content of the samples ranged from 59.21 to 67.66%. The samples are fairly high in carbohydrate, and these values substantially are supported by Dolson (2008), who stated that fruits are mainly made up carbohydrates. The sample without pectin has the lowest mean value of 59.21%, this was also supported by the statement of Thomas (2002), that addition of fruit peels (pectin) during jelly making may dietary increase the content of the finished product and that the aroma and other biochemical content may also get improved. The result also showed that the samples do not contain crude fibre.

Table 2: Mean Proximate Results of Watermelon Jellies

Sample/Tr eatment	Moisture (%)	Ash (%)	Crude fat (%)	Crude protein (%)	Crude fibre (%)	Carbohydrat es
Grape pectin FOA	32.81 <sup>d</sup> ±0.0 7	1.03 <sup>f</sup> ±0.03	0.46 <sup>e</sup> ±0.01	0.85°±0.02	ND	64.85°±0.04
Lemon pectin DZY	31.46°±0.3 7	1.08°±0.04	0.60 <sup>b</sup> ±0.02	0.90 <sup>d</sup> ±0.01	ND	65.96 <sup>b</sup> ±0.01
Orange pectin QPG	34.63°±0.0 4	1.42°±0.01	0.58°±0.01	1.02°±0.03	ND	62.36 <sup>e</sup> ±0.02
Pineapple pectin OFG	35.84 <sup>b</sup> ±0.0	0.95°±0.02	0.63°±0.02	1.05 <sup>b</sup> ±0.01	ND	61.54 <sup>d</sup> ±0.01
Lime pectin ADF	29.53 <sup>f</sup> ±0.1	1.19°±0.08	0.54 <sup>d</sup> ±0.01	1.09°±0.01	ND	67.66°±0.11
Control No pectin WWB	38.64°±0.0 2	0.89 <sup>b</sup> ±0.02	1.09 <sup>f</sup> ±0.00	0.84 <sup>f</sup> ±0.01	ND	59.21 <sup>f</sup> ±0.07
LSD	1.00	0.072	0.013	0.020	-	0.990

Values are means± standard deviation of triplicate determination Means bearing different superscript on the same row are P<0.05. significantly different ND Not detected. Where FOA= jelly made with pectin from grape, DZY = jelly made with pectin from lemon, QPG = jelly made with pectin from orange, OFG = jelly made with pectin from pineapple, ADF = jelly made with lime. while **WWB** control with pectin from pectin

# Sensory Evaluation Result of Watermelon Jelly

The result for the sensory evaluation is presented in Table

The results obtained from this work revealed that jelly

produced with pineapple pectin (OFG) rated highest in terms of colour attribute with a mean

while value of8.1. that produced with pectin from grape (FOA) rated lowest with mean value of 7.0. However. there significant was no difference between jelly samples WWB (control, without pectin), 8.0± and sample OFG 8.1 at p≤0.05.

taste. there was no significant difference in jelly samples FOA, QPG, DZY, OFG and WWB, with mean values of 7.2, 7.3, 7.6, 7.8 and 7.5 respectively, tested at 5% level of probability (p>0.05), but significant difference exist between them and sample ADF with a mean value of 5.2 at (p≤0.05). This showed that origin of pectin did not affect the taste of the jellies adversely.

Origin of pectin did not affect the spreadability and aroma quality attributes of the sample. However, there was significant difference ( $p \ge 0.05$ ) between jelly sample ADF 7.8 and WWB 5.6 in gelability. Jelly samples FOA and DZY showed no significance (p≥0.05) mean values of 7.0 and 6.8 while respectively, samples QPG and OFG showed no

significance ( $p \ge 0.05$ ) with values of 6.6 and 6.4 respectively.

All the samples showed no significant different ( $p \ge 0.05$ ) in mouthfeel sensory attribute. However, sample QPG with mean of 8.1 rated highest in terms of mouthfeel attribute.

In the overall acceptability, sample QPG with a mean value of 8.0, and samples DZY and OFG with mean values of 7.7 and 7.5 respectively which approximates to translates to liked very much on the sensory scale received highest rating in overall acceptability attribute. Sample ADF was the least accepted sample with mean value of 6.4 translates to like slightly on the sensory scale, this could be attributed to its high acidic which of 0.82% content contributed to the slight bitter taste of the sample. Philips and Williams (2000) also reported reduced acceptance of jam from lime pectin. However, acceptable jelly samples were produced and liked by the panelists irrespective of the pectin origin Table 3. results obtained corresponds

with Oluwole (2009) who stated that general/overall acceptability is the combination of all the other sensory parameters and if a product records acceptable quality levels in most of the other parameters, it is expected that such product will have a good overall acceptability.

Table 3: Mean sensory scores of watermelon jelly different pectin sources

Sample/treat ment	ADF Lime pectin	FOA Grape pectin	QPG Orange Pectin	DZY Lemon pectin	OFG Pineapple Pectin	WWB Control No pectin	LSD
COLOUR	7.9±0.9 4 <sup>ab</sup>	7.0±0.89°	7.7±0.78°	7.1±0.94	8.1±0.83°	8.0±1.18 <sup>a</sup>	0.3744
TASTE	5.2±1.66	7.2±1.17°	7.3±1.34°	7.6±1.11°	7.8±1.08°	7.5±1.11°	1.7659
AROMA	b	6.6±1.28°	6.3±1.60°	7.0±1.11 7.0±1.41°	6.6±1.62°	6.5±0.92	1.9244 1.3671
SPREADIBIL	5.3±1.41	7.1±0.53 <sup>a</sup>	7.2±0.17°	7.3±0.90	7.6±0.91°	7.3±1.27°	1.6004
ITY	6.8±0.9	7.0±1.18 <sup>ab</sup>	6.6±0.91 <sup>bc</sup>	α	6.4±1.36 <sup>b</sup>	5.6±1.11°	1.5621
GELABILITY	8ª	7.4±1.42°	8.1±0.83°	6.8±1.40	7.6±1.11 <sup>a</sup>	6.8±0.87	
MOUTHFEEL	7.8±0.8 7°	7.1±1.13 <sup>ab</sup>		7.7±0.90			1.5621
OVED ALL	6.9±1.44	C	8.0±0.89°	α	7.5±1.69°	5.00±0.7 8 <sup>bc</sup>	
OVERALL ACCEPTABIL ITY	_			7.7±0.78			
-··	6.4±1.36						

Values are means ± standard deviation of twenty panelists.

Means bearing different superscript on the row are significantly different at  $P \le 0.05$ .

Where FOA= jelly made with pectin from grape, DZY = jelly made with pectin from lemon, QPG = jelly made with pectin from orange, OFG = jelly made with pectin from pineapple, ADF = jelly made with pectin from lime, while WWB = control with pectin

#### CONCLUSION

produced from Jellies watermelon juice with pectin from different sources (lime, lemon, orange, pineapple and grape) are of good qualities. The results obtained from the analysis showed that all the samples have good attributes. Pectin processed from waste of common fruit helped to form good gels for jelly production, as their qualities as evaluated bested that without pectin. Sensory evaluation showed that all the jelly samples prepared from different pectin sources produced quality jellies that were accepted in terms of overall acceptability quality attribute.

This work has also demonstrated practically that waste from most fruits which ordinarily would constitute environment nuisance can be harnessed to food processing, and thereby reduce import

duties on pectin important and conserve foreign reserves. This will add to varieties of jelly in the market, and also reduce post harvest deterioration (PHD) associated to watermelon.

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