Infrared dry blanching may retain higher level of vitamin C in dried mangos

June 19 2015

Mangos contain several bioactive compounds that are potentially related to chronic disease prevention. A new study in the June issue of the *Journal of Food Science*, published by the Institute of Food Technologists (IFT), found that infrared dry blanching prior to blanching may improve the retention of water-soluble vitamins, like vitamin C in dried mangos.

Blanching is widely used for developing dried fruit and vegetable products. This process consumes large amounts of water and can have a negative effect on the nutritional value of fruits and vegetables by leaching out water-soluble nutrients. In addition, over-blanching causes a loss of flavor, color, vitamins, and minerals (Fellows, 2009). Researchers from University Eduardo Mondlane, Mozambique; Chalmers University of Technology, Sweden; and SP Technical Research Institute of Sweden compared the emerging technique of infrared blanching with traditional water blanching on the retention of vitamin C and carotenoids in dried mango.

The results showed that infrared blanching is a potential method for improving vitamin C retention in mango without extensive water consumption that is used in the traditional blanching method. The new blanching process can be especially relevant in areas where water is scare and the consumers can benefit from dried fruits and vegetables with enhanced nutritional value.

More information: "Effect of Infrared Blanching on Enzyme Activity

and Retention of β-Carotene and Vitamin C in Dried Mango." *Journal of Food Science*, 80: E1235–E1242. doi: 10.1111/1750-3841.12866