Elaine Biondo et al., J Food Process Technol 2017, 8:1(Suppl)
http://dx.doi.org/10.4172/2157-7110.C1.060

Centesimal and mineral analysis of native wild strawberries from southern of Brazil

Elaine Biondo, Matheus Fleck and **Voltaire Sant'Anna**
State University of Rio Grande do Sul, Brazil

The wild strawberry (*Rubus rosifolius* Sm. - *Rosaceae*) also popularly known as red-mulberry or mad-blackberry, is widely distributed throughout the southern region of Brazil, occurring in roadsides, pastures, barns and vacant lots. Information about these are edible fruit are scarce in literature, but essential to disseminate their use. The objective of this study is to evaluate the moisture content, protein, fiber, carbohydrates, lipids, ash and minerals of the wild strawberries harvest from the Vale do Taquari region. The methodology used was the collection of ripe fruit of several individuals in the municipality of Teutônia (RS, Brazil). The moisture and ash analysis was performed by gravimetric methods, and fiber digestion-by gravimetric method. The lipid analysis was performed by extraction with hexane and crude protein by Kjeldahl method. The glycidic fraction was determined by difference. To analyze the mineral content, the methodology used was atomic absorption flame for zinc and atomic emission for magnesium, potassium, sodium and iron. The results show that wild strawberries have 85.17% moisture, 3.89% ash (dry basis) 33.48% crude fiber (dry basis), 4.34% lipid (dry basis), 9.93% protein (dry basis) and 12.14% of carbohydrate (dry basis). Regarding the analysis of minerals, the fruits show rich in iron with a concentration of 7.14 mg/100 g dry weight basis, potassium at a concentration of 1.3% (dry basis), sodium with a concentration of 15.31 mg/100 g dry basis, and zinc with a concentration of 2.14 mg/100 g dry basis. The magnesium content was below the detection limit. Thus, it is concluded that wild strawberries are rich sources of fiber, healthy diet-related food component, in addition to presenting important mineral concentrations, especially sodium, iron and zinc.

Biography

Elaine Biondo has graduated in Biology Science and has done her PhD in Botany from the Federal University of Rio Grande do Sul. She has experience in Botany, focusing on Biodiversity and Non-Conventional Edible Plants.

elaine-biondo@uergs.edu.br

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