

山藥優酪乳的抗氧化能力及機能性成分之研究

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摘要

近年來，國人因環境壓力或心理壓力進而影響生理異常，而腸胃道之不適也是其中之一，因此我們以台農二號山藥做為原料，製作山藥酸酪乳進而增加國人對酸酪乳之可接受性，期望能改善胃腸不適之問題，依山藥與牛奶的比例不同分為A組；山藥:牛奶2:1，B組；山藥:牛奶1:1，C組；山藥:牛奶2:3及D組牛奶，將調配好之各組加熱至85、30min後，冷卻至37-40，接菌，於37 培養6hr，探討各組山藥酸酪乳之物化特性、機能性成分及抗氧化能力。結果顯示，添加山藥能改善酸酪乳之品質，添加山藥比例較高之A組，在凝乳張力、黏度及酸度明顯較高。而以B組之山藥酸酪乳之總可接受性、酸度、風味上品評員評價較高。而在機能性成分之部分，添加山藥有助於胞外多醣及有機酸之產生，其中胞外多醣以A組較高，有機酸則以C組含量較高，而在電泳分析蛋白質及總酚含量部分並無明顯差異。最後在抗氧化活性測定中，添加山藥酸酪乳具良好之清除自由基活性，還原力則無明顯之效果。B組添加山藥能提升酸酪乳之機能性、能改善酸酪乳之品質、增進其抗氧化之活性，且使大眾較能接受酸酪乳製品，是具有開發潛力之保健食品。

關鍵詞：山藥、抗氧化、酸酪乳

目錄

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