

嘉寶果(樹葡萄)發酵飲品之製備及其功能性探討

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摘要

本研究以嘉寶果為原料，分別添加酵母菌、醋酸菌與乳酸菌進行第一階段發酵，將發酵液粗過濾除去固形物後作為菌醪(starter)，個別添加等重嘉寶果(控制組則以等重水取代菌醪)後，加特砂調整糖度為65 ° Brix，進行第二階段發酵，將所得發酵液調製成飲品，分析其機能特性，並與若干市售製品比較。結果顯示，4組發酵飲品中，以酵母菌醪組含有較高的總酚與抗氧化能力(整合亞鐵離子能力除外)，而有添加菌種進行第一階段發酵所得之製品抗氧化能力高於未添加菌種發酵之控制組。在60位消費者感官品評喜好程度上，則以添加乳酸菌之發酵飲品最受消費者喜歡。將市售發酵飲品分為低、中、高三種價位，進行物化、總酚含量與抗氧化能力比較，發現總酚含量較高者其抗氧化能力亦較高(整合亞鐵離子能力除外)，價格則與標榜活性無關。與市售發酵飲品相較，自製嘉寶果發酵飲品中，添加菌種進行第一階段發酵者總酚含量較高，且有較好的清除 DPPH 能力與還原力。另外，分析自製經天然發酵五年之蔬果飲品，其生菌數僅1,300 CFU/ml，此製品經60-100 加熱10-60分鐘後，總菌數下降，但色澤上亮度(L值)、紅色度(a值)與黃色度(b值)增加，且有增進總酚含量與抗氧化能力(整合亞鐵離子能力除外)的效果。

關鍵詞：嘉寶果、發酵飲品、機能特性、熱效應

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