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Processed *Z. Mauritiana* Lamk in the Formula of High Nutritional Value Cake

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**Abstract**

The nutritional value of jujube fruits *Ziziphus mauritiana* Lamk was processed through an optimized traditional cake procedure. The characteristics of jujube fruit polysaccharides from an accession known as P3 were determined for each of the 5 ripening stages. Therefore, the content of the Alcohol Insoluble Materials, Water Soluble Polysaccharide and Galacturonic Acid was determined at each ripening stage. The degree of methylation (DM) of jujube pectins was less than 50% therefore was classified as low methoxylated pectin (LM). Using the 3<sup>rd</sup> and the 5<sup>th</sup> ripening stage, the impact of the drying and cooking was evaluated on selected nutritional characteristics, including vitamin C, total phenolics content and antioxidant capacity. Remarkably, using the fruits from the 3<sup>rd</sup> stage, the drying process decreased the vitamin C content (74.5%, p<0.05) whereas an increase of 20% (p<0.05) was observed for the cake. Interestingly, the antioxidant activity was unchanged during the drying process. In contrast, after the cooking process the phenolics content and the antioxidant capacity had both increased, by 64% and 30% (p<0.05) respectively.

Overall, our results indicated that stage 3 fruits would exhibit higher nutritional qualities than stage 5 fruits. We strongly recommend stage 3 fruits of accession P3 for food applications, including jujube cake processing.

**Keywords:** Jujube process; Cake nutritional; Polyphenols; Vitamin C; Antioxidant

**Introduction**

The jujube fruit (*Ziziphus mauritiana* Lamk.), known as “pommesuerte” in Guadeloupe, is underutilized despite its high nutritional value and its biological properties, underlined by various triterpenoid acids, flavonoids, phenolic acids, cytokinins and tannins [1]. Furthermore, previous studies have revealed a high antioxidant capacity [2-4]. Nevertheless, a huge range of food products have been established, including compotes, alcoholic beverages, flours, chutneys, pickles and some cakes in India [5]. However, rapid perishability is a problem for postharvest management and further processing [6]. Depending on their ripening stages, the fruit skin color shifts from green to yellow, eventually reaching a reddish-brown color. Then, the harvested fruits can be classified into five ripening stages as showed in the previous work. A recent study on polysaccharides from *Ziziphus mauritiana* indicates that they have rheological properties [7]. High DM pectin (high methoxylated (HM), DM >50%) can form a gel in acidic conditions in the presence of high sugar concentration. Conversely, gelation of low methoxyl pectin (LM, DM <50%) occurs at higher pH in the presence of divalent ions, such as calcium, which acts as a bridge between pairs of carbohydrate groups of different pectin chains. The main industrial sources for pectin extraction are apple pomace and citrus peels, which provide HM pectin. LM pectin can be obtained after chemical de-esterification of HM pectins. However, this process often induces pectin depolymerization, thus reducing the gel-forming ability of pectin [8]. Furthermore, polysaccharides extracted from plants and fungi have been identified for their anti-oxidative and hepatoprotective effect [9] and also for their immunobiological, anti-viral, anti-tumor and other biological activities [10]. Hence, the composition of polysaccharides from the species *Ziziphus jujuba* growing in China has been elucidated [11,12]. In Africa, a traditional cake known as “yaabande” is made with harvested mature fruits and dry grains fallen from jujube trees onto the ground [13]. However, the ripening stage has not been clearly defined. Thus, in order to combine processing and the biochemistry characteristics of jujube during the ripening, we evaluated the nutritional value of an optimized cake. Hence, we first characterized the polysaccharides during ripening in order to assess the rheological properties. Subsequently, we chose 2 ripening stages based on nutritional properties and the traditional processing method, to evaluate the impact of ripening on the quality of jujube cake, previously optimized. In addition, the impact of the process (drying and steam cooking) on the content of vitamin C, total phenolics and antioxidant capacity of the jujube cake was investigated. The optimized process was set as follows: drying parameters (45°C/30 h), size grading of jujube flour (465 µm) and cooking parameters (10 mins/100°C in a steam oven). The present work was carried out to improve the seasonal feature of jujube for a diet application as flour and as cake. Our results strongly suggested that jujube fruits taken at stage 3 may provide high nutritional value and elevated antioxidant activity, in both the flour and the cake.

**Material and Methods**

**Materials**

Jujube fruit from the cultivar P3 were harvested in January 2012 on a local farm based in the south of the island under wild conditions, following the five ripening stage as described in the previous work. The fruits were washed with 1% chlorinated water and rinsed with...
The processing of jujube cake comprised three individual steps: drying, grinding and cooking (Figure 1). The drying was optimized with a horizontal air outlet dryer (UTA, Marmande, France) with three parameters: temperature, time and fruit configuration (whole/sliced/grounded). The impact of the flour grading on the consistency of the cake was also evaluated. The cooking parameters (time, quantity of flour and type of mold) were optimized with an Emeraude 3 steam oven (Thirode, Mitri-mory, France).

Sensory evaluation of the cake samples was carried out by 5 semi-trained panelists from CIRAD Montpellier.

Physico-chemical parameters analysis

Determination of jujube flour grading: The particle size was determined by the Mastersizer 3000 laser diffraction particle size analyzer (Malvern Instruments, Malvern, Worcestershire, UK) at a grinding speed of 1500 rpm. The mean of 6 measurements was used to estimate the particle size of 3 grading flours.

Determination of jujube cake firmness: Jujube cake firmness was measured by a texture analyzer (Stable Micro Systems TAXT PLUS). Preliminary experiments were conducted to optimize the process conditions with a ball probe adjusted for 70% deformation of the cake, with a speed of 0.7 mm/s. The force recorded in Newtons (N) was given as firmness. This measurement corresponds to the force needed to give a deformation of 70%. The more flexible the cake, the less it was deformed.

Biochemical analysis

The chemical analysis was performed on the fruits, flours and cakes from the ripening stage 3 and 5 in order to evaluate the effect of processing on nutritional qualities of jujube fruit.

Total soluble solids and titratable acid content: The fruits, flours or cakes were homogenized with a blender and centrifuged for 1 h at 10,000xg and 4°C. The supernatant was collected for analysis of total soluble solids, pH and titratable acidity. The level of total soluble solids was determined using a digital Refracto 30PX/GS refractometer from Mettler Toledo, (Grosseron, Saint-Herblain, France). pH and titratable acidity expressed as citric acid were determined by titration with 0.1N NaOH using a TitroLine easy apparatus from SCHOTT Instrument (Bioblock, Illkirch, France).

Determination of ascorbic acid content: Five hundred milligram of fruits, flours or cakes were stirred in 10 ml of metaphosphoric acid 4% for 10 mins, and then centrifuged for 10 mins at 10,000 rpm. The remaining supernatant was then filtered through a 0.45 µm filter (Millipore) and then analyzed by HPLC using a 1200 series HPLC Agilent System.

Total phenolics (TP) content: Total phenolics content was evaluated spectrometrically method using the Folin-Ciocalteu reagent as per the method of [14] modified for a TECAN Infinite 200 96-well plate reader. Catechin was used as a standard to quantify the TP content in fruits, flours and cakes. The results were expressed in mg catechin equivalent (CE)/100 g.

Antioxidant capacity determination: The FRAP assay was carried out on a TECAN Infinite 200 96-well plate reader (TECAN Austria GMBH) as per [15] Trolox was used as a standard to quantify the TP content in fruits, flours and cakes. The results were expressed in mmol Trolox equivalent (TE)/100 g.

Polysaccharide analysis

Extraction method: Polysaccharide extraction from jujube fruits was carried out as per the modified method based on [16] Lyophilized jujube fruits were refluxed with 96% ethanol at 70°C for 1 h, and this step was repeated 3 times. Subsequently, the dried ethanol-extracted residue was extracted with distilled water at 80°C for 3 h. After one night of decantation at 4°C, the aqueous part was recovered by centrifugation (4°C/20 mins/10000 g) and concentrated. The polysaccharide was isolated by mixing 3 volumes of cold 96% ethanol. The precipitate was recovered by centrifugation (4°C/20 mins/10000 g), and finally lyophilized. Brown water-soluble polysaccharide (WSP) was obtained.

Galacturonic acid content determination: Galacturonic acid content was determinate as previously [17] reported with slightly modifications. Five milligrams of polysaccharide from each ripening stage was poured into a screw-capped tube, then 1 ml of sulfuric acid was added for hydrolysis for 3 h at 20°C. After dilution and filtration, the galacturonic content was determined spectrometrically method using the Folin-Ciocalteu reagent as per the modified method based on [16] Lyophilized jujube fruits were refluxed with 96% ethanol at 70°C for 1 h, and this step was repeated 3 times. Subsequently, the dried ethanol-extracted residue was extracted with distilled water at 80°C for 3 h. After one night of decantation at 4°C, the aqueous part was recovered by centrifugation (4°C/20 mins/10000 g) and concentrated. The polysaccharide was isolated by mixing 3 volumes of cold 96% ethanol. The precipitate was recovered by centrifugation (4°C/20 mins/10000 g), and finally lyophilized. Brown water-soluble polysaccharide (WSP) was obtained.

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prepared using 7 concentrations (5, 10, 20, 40, 60, 80 and 100 µg/mL) of galacturonic acid standard. The straight-line equation obtained for the standard curve was y=0.0112x−0.0147 with an R² value of 0.9902.

**Degree of Methylation (DM) estimation:** The degree of methylation of jujube pectins from the five ripening stages was determined using a modified method based on. Huisman et al. [18]. The pectin DM is expressed as the percentage of total number of galacturonic acid residues esterified with a methoxyl group. SPME/CG by standard addition was used to quantify methanol released from pectic material by saponification. Five milligrams of WSP was weighed into a headspace vial (in quadruplicate) and 1 ml of 2N NaOH was added. 1 ml of deionized water was added to the samples (duplicate), and 1 ml of methanol to the spikes (duplicate). The vials were sealed and kept at 4°C for 1 h, and then 20 mins at room temperature, and subsequently analyzed. The vials were heated to 85°C for 15 mins in a the head-space sampler, then an SPME fiber PDMS/DVB (85 µm stableflex, Chromoptique, Courtaboeuf, France) was exposed to the headspace vials while the extract was continuously stirred for 15 mins. Methanol was desorbed by inserting the SPME fiber into a GC injector (injector temperature 250°C) for 30 s in splitless mode connected with DB-WAX column (30 m, 0.25 mm ID, 0.25 µm film thicknesses) for 60 mins. The integration was achieved using MSD ChemStation software. The degree of methylation was estimated using Equation 1 below:

\[
DM = \frac{\text{Methanol}}{\text{Methanol} + 100} \times \frac{\text{Uronic acid}}{\text{Uronic acid}}
\]

Where: \(m=\text{mass (g)}, \text{MM Methanol}=32 \text{ g/mol}, \text{MM Uronicacid}=176 \text{ g/mol}\)

**Statistical analysis**

The data were subjected to Analysis of Variance (ANOVA) using STATISTICA software (Statsoft, version 7). Duncan’s Multiple Range test (p<0.05) was applied to calculate the significant difference between the different ripening stages and treatments. Unless otherwise stated analyses were performed on three or more biological replicates and the results were expressed as the mean ± standard deviation.

**Results**

The jujube cake processing

Impact of temperature and fruit configuration on quality of drying: The temperature and fruit configuration have a high impact on quality of drying, as shown in Table 1. Whole and scalped fruits were dried only on the skin, and were finally burned, whereas the pulp was candied. However fruits sliced before drying exhibited acceptable quality of drying, as shown in Table 1. Whole and scalped fruits were dried only on the skin, and were finally burned, whereas the pulp was candied. However fruits sliced before drying exhibited acceptable quality of drying, as shown in Table 1.

**Table 1: Impact of fruit configuration and temperature on quality of drying.** The quality of drying was defined by the number of (+) symbols: slightly dry (+), moderately dry (++) and correctly dry (+++).

<table>
<thead>
<tr>
<th>Step of experiment</th>
<th>Configuration of fruits</th>
<th>Temperature applied °C</th>
<th>Quality of drying</th>
<th>Observations</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Whole</td>
<td>60</td>
<td>+</td>
<td>Burnt skin, Pulp not dried</td>
</tr>
<tr>
<td>2</td>
<td>Whole</td>
<td>45</td>
<td>+</td>
<td>Pulp not dried</td>
</tr>
<tr>
<td>3</td>
<td>Scalloped</td>
<td>50</td>
<td>+</td>
<td>Skin burned</td>
</tr>
<tr>
<td>4</td>
<td>Sliced</td>
<td>35</td>
<td>+</td>
<td>Correctly dried</td>
</tr>
<tr>
<td>5</td>
<td>Ground</td>
<td>35</td>
<td>++</td>
<td>Pulp not dried</td>
</tr>
<tr>
<td>6</td>
<td>Sliced</td>
<td>45</td>
<td>+++</td>
<td>Formation of a hard mesh</td>
</tr>
</tbody>
</table>

**Table 2: Impact of the jujube flour grading on cake consistency.**

**Figure 2:** Evolution of firmness of jujube cakes as a function of cooking time (5, 7, 10 and 15 mins) monitored at 2 h and 24 h after the end of cooking. Mean values with different small letters in the same curve are statistically significant (p<0.05)

**Impact of cooking time on consistency of cakes:** The cooking time (5, 7, 10 and 15 mins) was monitored. The consistency changed and became more compact as time increased, exhibiting loss of the flavor and aroma characteristics. Firmness was determined 2 h and 24 h after baking, to evaluate the possible modification of the consistency due to water absorption.

The cake firmness increased with cooking time (5 to 15 mins, p<0.05), both 2 h and 24 h after the end of cooking. However an insignificant increase (p>0.05) was observed between 7 mins to 10 mins of cooking, regardless of the measurement (2 h or 24 h). In addition, no significant difference (p>0.05) between 2h and 24h was observed after 7 mins of cooking (Figure 2).

Optimization of flour grading on cake consistency: The flour grading was shown to have an impact on the cake consistency. The fine and coarse grading gave a sticky consistency irrespective of the cooking time. However, the intermediate grading (465 µm) was chosen for baking jujube cakes, because of the soft and melting texture (Table 2).

Nutritional quality improvement of the reengineered jujube cake

Nutritional quality of Fruit 3 compared to Fruit 5: In order to evaluate the impact of ripening stage on the nutritional quality of jujube cake, Fruits 3 and Fruits 5 were used in processing to make jujube cake. Chemical analyses were carried on fruits, flours and cakes. Fruits 3 exhibited high ascorbic acid content (267.78 mg/ 100 g DW), with a large decrease in Fruits 5 (98%) (Table 3). This last ripening stage (Fruit 5) also showed a lower total phenolics content (61%) and antioxidant capacity (87%) than Fruit 3 (Figures 3 and 4). Previous works have highlighted the decrease in nutritional quality during ripening.

Combined effects of ripening stages and processing on nutritional quality of jujube cake: Flour from the ripening stage 3 was designated “Flour3”, and flour from stage 5 “Flour 5”. Likewise, cakes

Unexpectedly, the drying process did not negatively affect the total phenolics content or the antioxidant capacity, irrespective of the ripening stage (Figures 3 and 4). Conversely, ascorbic content was measured by FRAP assay and expressed in mmol Trolox / 100 g DW of fruits, or cakes

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>Fruits Stage 3</th>
<th>Fruits Stage 5</th>
<th>Flours Stage 3</th>
<th>Flours Stage 5</th>
<th>Cakes Stage 3</th>
<th>Cakes Stage 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pulp (%)</td>
<td>88.89 (0.28)</td>
<td>84.25 (1.48)</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>pH</td>
<td>3.33 (0.05)</td>
<td>3.52 (0.03)</td>
<td>3.43 (0.01)</td>
<td>3.43 (0.02)</td>
<td>3.43 (0.04)</td>
<td>3.43 (0.06)</td>
</tr>
<tr>
<td>TSS*(% DW)</td>
<td>60.2 (3.67)</td>
<td>81.27 (40)</td>
<td>82.63 (1.19)</td>
<td>74.47 (1.2)</td>
<td>80.12 (2.32)</td>
<td>75.21 (1.21)</td>
</tr>
<tr>
<td>Titratable acidity (%)</td>
<td>1.23 (0.01)</td>
<td>1.41 (0.049)</td>
<td>7.29 (0.05)</td>
<td>7.38 (0.02)</td>
<td>6.54 (0.06)</td>
<td>6.66 (0.04)</td>
</tr>
<tr>
<td>TSS/Titratable acid</td>
<td>9.75</td>
<td>10.71</td>
<td>11.11 (0.05)</td>
<td>9.65 (0.02)</td>
<td>12.25 (0.06)</td>
<td>10.60 (0.04)</td>
</tr>
<tr>
<td>Dry matter (%)</td>
<td>19.92 (0.09)</td>
<td>18.58 (0.38)</td>
<td>98.05 (0.02)</td>
<td>95.63 (0.05)</td>
<td>96.77 (0.75)</td>
<td>93.89 (0.37)</td>
</tr>
<tr>
<td>Ascorbic acid (mg/100g DW)</td>
<td>267.78 (7.54)</td>
<td>5.64 (0.32)</td>
<td>68.28 (4.15)</td>
<td>1.37 (0.04)</td>
<td>82.21 (6.23)</td>
<td>6.60 (0.09)</td>
</tr>
</tbody>
</table>

*TSS: Total Soluble Solid

Values are means with standard deviations of triplicate determinations

Table 3: Physico-chemical characteristics of jujube fruits, flours after drying and cakes after cooking from ripening stages 3 and 5.

Graphs:
- Figure 3: Effect of the drying and cooking on total phenolics of jujube fruits from ripening stages 3 and 5. The results are expressed in mg equivalent catechin/100 g DW.
- Figure 4: Effect of drying and cooking on the antioxidant capacity of jujube fruits from ripening stages 3 and 5. The antioxidant capacity was measured by FRAP assay and expressed in mmol Trolox / 100 g DW of fruits, or cakes.

From Flour 3 were designed “Cakes 3” and cakes from flour 5, “Cakes 5”.

Discussion

Jujube cake preparation was optimized in a steam oven using various temperatures and cooking times, different flour grading and
Conclusion

Overall, our results showed that reengineering traditional process leads to a jujube cake with high nutritional qualities and appreciated flavor. The elevated nutritional value of jujube from ripening stage 3 was found preserved and enhanced after the processing. Thus, the limited post-harvest life of jujube fruits may be overcome by processing including cake cookery. Further investigation would focus on the physiological relevance of the of the cake antioxidant capacity and may extend acceptability studies.

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