QUALITY EVALUATION OF JUICE BLENDS FROM MANGO, HOG PLUM AND GINGER

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ABSTRACT

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| **The research was aimed at evaluating the quality of juice blends produced from mango (*Mangifera indica*), hog plum (*Spondias mombin*), and ginger (*Zingiber officinale*). This research was carried out at Centre for Food Technology and research (CEFTER) Chemistry Department of Benue State University (BSU) within a duration of six month. Six samples with varying proportions were developed and subjected to comprehensive analysis, including proximate composition, physicochemical properties, vitamin content and antinutrient levels evaluation. Each analysis was carried out in triplicates. Results showed that the juice blends demonstrated favorable nutritional profiles, with protein content ranging from 0.48 to 3.94%, carbohydrate content from 93.45 to 97.90%, and energy values from 389.85 to 396.49 Kcal/100g. Vitamin content varied significantly among samples, with vitamin A ranging from 0.06 to 0.90 mg/100g and vitamin C from 0.33 to 4.99 mg/100g. Physicochemical analysis revealed pH values between 3.6 and 4.5, total soluble solids (TSS) from 12.00% to 16.00%, and syneresis from 0.00% to 1.35%. Antinutrient levels were within safe limits, with oxalates ranging from 0.01 to 0.03 mg/100g, phytates from 0.02 to 0.04 mg/100g, and tannins from 0.19 to 0.29 mg/100g. Sensory evaluation revealed that Sample B (90% Mango, 5% Hog plum, 5% Ginger) was most preferred, scoring highest in overall acceptability (8.10 on a 9-point hedonic scale). This study demonstrates the potential of mango, hog plum and ginger blends as nutritious alternatives to artificial beverages, with optimal formulations balancing sensory appeal and nutritional benefits.** |

1. INTRODUCTION

Mauseth, 2018 reported that fruits are the fully developed ovaries of flowering plants that emerge from the fertilize ovules of a flower and usually contain seeds. They enable plants to propagate their seeds and guarantee the survival of their species. Based on recent studies, the dietary constituents obtained from fruits and vegetables include water, fiber, protein, fats (notably from sources like olives, avocados, and nuts), organic acids, and digestible carbohydrates (Dunlop *et al.,* 2024).

Hog plum (*Spondias mombin*) also known as Yellow mombinbelongs to the family *Anacardiacae*. Very rich in vitamins B1 and C. Regarding macro-minerals, (Na, Mg, P, K and Ca). Hog plum contain low levels of sodium and calcium, minerals normally found in low concentrations in fruits. The phosphorus content is one of the highest among the fruits with levels close to those of ceriguela (*Spondias purpurea*), pequi (*Caryocar brasiliense*) and passion fruit (Prudencio *et al.,* 2024). The magnesium content as found by (Cazzola *et al.,* 2020) was reported to be high.

Ginger (*Zingiber officinale*) is an underground rhizome of the herbaceous perennial species in the Zingiberaceae family, typically indigenous to many tropical and subtropical countries (Ayustaningwarno *et al.,* 2024). Ginger can be used as a whole juice extract and in drink/tea after blending process (Nguyen *et al.,* 2023).

In Nigeria post harvest Losses of fruits and vegetables amounts to 35-45 % of the annual production (FAOSTAT, 2017). Mango and Hog plum fruits both of high medical and nutritional relevance have over the years being underutilized in Nigeria. This may be attributed to scarce research works carried out on them. In Nigeria, economic losses due to postharvest losses of mango and hog plum significantly impact farmers livelihoods. Recent studies indicate that postharvest losses for mangoes in Nigeria can reach up to 50-60% of total production (Adepoju *et al.,* 2022). While specific data for hog plum is limited, tropical fruits in Nigeria generally experience postharvest losses of 30-50% (Oryema *et al.,* 2015). These losses are primarily attributed to poor handling practices, inadequate storage facilities, and transportation challenges in rural areas. The food sector depends on consumers and their social behavior. As currently, more and more consumers are looking for healthy products, exotic fruits have been increasingly used, with excellent opportunities for innovation (Leja and Czaczyk, 2015). In this way, beverages with new flavors and aromas are currently being elaborated, having their chemical, physicochemical, and sensorial properties analyzed throughout the world, being considered consumption trend. Mixtures of citrus fruits have been commercially produced, such as orange-grapefruit, tangerine-grapefruit.

The scope of the studywas limited to the production and quality evaluation of juice from mango fruits, hog plum fruits and ginger obtained from Benue State. The proximate composition, physical, and nutritional properties of the fruit juice were evaluated.

2. material and methods

**2.0 Sources of Raw Materials**

Freshly ripe broken varitety of Mango fruits were gotten from a local market at Ubgema, Buruku Local Government of Benue State Nigeria, while mature Hog plumfruits were gotten from Yandev in Gboko Local Government Benue State Nigeria. Ginger was purchased from Wurukum markets in Makurdi, Benue State. All these raw materials were taken to the CEFTER Food Laboratory in the Chemistry Department of Benue State University (BSU) for processing and analysis.

**2.1 Preparation of Hog Plum Juice**

Juice extraction fromhog plumfruits was carried out as describedby Ishak *et al.,* (2023) with little modifications as shown on Figure 1. The hog plum fruits were sorted to remove any unwanted materials and deteriorated fruits. The fruits were immediately washed at the laboratory using clean running water. The washed friuts were placed in an electric juice extractor (Binatone juicer 2S+P, 500W, stainless steel JE-580, UK), after which the extracted juices was bottled in clean, sterile, plastic bottles, pasteurized at 60 °C for 10 min, allowed to cool to room temperature and stored in a refrigerator at 4°C for further analysis.

 Fresh hog plum fruits

 Sorting

 Portable table water Washing Dirty water

 Electric juice extractor Juicing juiceless pulps

 Bottling

 Pasteurization at 60oC for 10 min

 Refrigeration

 Hog plum juice

**Figure 1; Flow chart for the preparation of hog plum fruits juice**

**2.2 Preparation of mango Juice.**

The method used for mango juice extraction was described by (Adeola & Ogunleye 2020). Fresh fully ripe fruits of Broken mango variety were carefully sorted and used for extraction of juice as shown on Figure 2. After washing properly with potable water, the fruits were peeled using a stainless steel knife. The mangoes were cut into small pieces and then placed into an electric juice extractor (Binatone juicer 2S+P, 500W, stainless steel JE-580, UK). After extraction the juice was pasteurized at 60 °C for 10 mins after bottling then allowed to cool to room temperature and stored in the refrigerator for further analysis

Fresh mango fruits

Sorting

 Portable table water Washing Dirty water

 Peeling

 Electric juice extractor Juicing Juiceless pulps

Bottling

Pasteurization at 60oC for 10 min

 Refrigeration

 Mango juice

**Figure 2; Flow chart for the preparation of Mango fruits juice**

**2.3 Preparation of Ginger Juice.**

The method used for ginger juice extraction was described by (Ahammed *et al.,* 2018) as presented in Figure 3. Fresh ginger rhizomes free from rot were selected, washed under clean running water, peeled using a stainless steel knife and sliced into smaller pieces. An electric juice extractor (Binatone juicer 2S+P, 500W, stainless steel JE-580, UK), was used to obtain the juice. The juice was filled in to clean, sterile, plastic bottles and pasteurized at 60 °C for 10 min. After pasteurization it was allowed to cool to room temperature then stored in a refrigerator for further analysis.

Fresh ginger rhizome

 Sorting

Portable table water Washing Dirty water

Stainless steel knife Peeling

 Slicing

Electric juice extractor Juicing Juiceless pulps

 Bottling

 Pasteurization at 60oc for 10 min

 Refrigeration

Ginger juice

**Figure 3; Flow chart for preparation of ginger juice.**

**2.4 Formulation of the Fruit Juice Blend/Mix**

Juice extracts from mango fruits, hog plumfruits and ginger were rationally mixed to obtain three (6) blended samples as shown on Table 1.

**Table 1 Juice mix formulation**

|  |  |  |  |
| --- | --- | --- | --- |
| **Sample** | **Mango (%)** | **Hog plum (%)** | **Ginger (%)** |
| **A** | 100 | 0 | 0 |
| **B** | 90 | 5 | 5 |
| **C** | 80 | 15 | 5 |
| **D** | 70 | 25 | 5 |
| **E****F** | 6050 | 3545 | 55 |

Prepared mango juice Prepared hog plum juice Prepared ginger juice

 Mixing

 Bottling

Pasteurization 60 °C for 10 mins

 Storage

**Figure 4: Flow chart for juice mix preparation**

**2.5 Quality Measurements**

**2.5.1 Proximate analysis**

The method described by Association of Official Analytical Chemists (AOAC, 2022) and modified by Nascimento et al., (2023) was used to evaluate the proximate composition of the juice blends from mango, hog plum and ginger.

***2.5.1.1 Determination of Moisture Content***

The moisture content was determined by drying the juice samples in an oven at 110°C until a constant weight was achieved. The weight difference before and after drying represented the moisture content.

Formular for moisture content

Moisture content (%) = $\frac{Initial weight-Final weight }{Initial weight}$ ×100 Eq 2.1

***2.5.1.2 Determination of Fats Content***Using the Soxhlet extraction apparatus, crude fat was extracted from the juice samples with hexane as the solvent. After several hours of extraction, the percentage of fat was calculated from the difference in weight before and after extraction.

Formular for Fats content

Fats content (%) = $\frac{Weight of Fat Extracted}{ Weight of sample }×100$ Eq 2.2

***2.5.1.3 Determination of Fiber Content***

The juice samples were first digested with sulfuric acid and then with potassium hydroxide. After filtration and drying, the residue was ashed in a furnace at 550°C. The weight of the residue was used to calculate the fiber content.

Formular for moisture content

Fiber content (%) = $\frac{Weight of Residue after Ashing}{ Weight of defatted sample }×100$ Eq 2.3

***2.5.1.4 Determination of Protein Content***

Protein content was determined using the Kjeldahl method as adopted by Latimer (2023). After digestion with sulfuric acid, the nitrogen content was measured and multiplied by a conversion factor of 6.25.

Formular for protein content

Protein Content (%) = Nitrogen Content×6.25 Eq 2.4

***2.5.1.5 Determination of Carbohyydrate Content***

Carbohydrate content was determined mathematically by subtracting from 100, the ash, protein, fat, and crude ﬁber as shown in the equation below.

Formular for carbohydrate content

Carbohydrate Content (%) =100 − (Moisture+Crude Fat+Crude Fiber+Protein+Ash) Eq 2.5

**2.5.2 Physiochemical analysis**

Physiochemical analysies were carried out immediately after juice extraction for total soluble solids, titratable acidity, pH and syneresis using standard methods. The analyses were undertaken on the pasteurised juice samples on the same day day of production. One bottle was taken from each sample for the physicochemical analysis as described below.

***2.5.2.1Titratable acidity test***

In each fruit juice sample, titratable acidity were analysed using 0.1 N NaOH solution as described by AOAC (2022). To this end, 5 mL of the mixed juice sample were diluted to 50 mL using distilled water and then poured into a 250 mL volumetric flask. Three drops of phenolphthalein indicator were added and the sample titrated with 0.1 N NaOH solution until an endpoint of pink colour were observed. Titratable acidity was calculated as shown in Equation (3.6).

100 N acid$=\frac{NNaOH×VNaOH×Facid }{Vjuice}×100$ Eq(2.6)

Where: NNaOH is the normality of NaOH used (g L-1), *V*NaOH is the volume of NaOH solution consumed (L), *F*acid is an equivalent factor of the acid in the fruit juice sample = 0.067 equivalent weight of malic acid, and *V*juice is the volume of the juice sample (L).

***2.5.2.2 Total Soluble Solids and pH Test***

Total soluble solids (TSS) in the mixed fruit juice samples were measured as °Brix using a digital pocket refractometer (ATAGO, Japan) with TSS ranging between 0 and 88 °Brix and a precision of 0.1 °Brix. The refractometer was tested for distilled water before each TSS measurement. The pH of the juice samples was measured as described by Potǎrniche *et al*. (2023). It involved using a digital pH meter (HI98129, Hanna Instruments Inc., Limena, Italy) with a precision of ±0.01. Calibration of the pH meter was carried out using standard buffer solutions (pH 4.01 and pH 7.00) prior to each measurement to ensure accuracy.

***3.7.2.3 Determination of pH.***

pH was determined in ten milliliters of the juice dispensed into a beaker after calibration with phosphate buffer of PH 4.0 and 7.0 as described by Adepoju *et al.,* (2021).

***2.5.2.4 Determination of syneresis***

Syneresis is an important physical test of juice quality. Water separation from juice samples was performed according to the method described by Yasmin *et al.,* (2022) with some modifications. 10 mL of juice samples was spread in a thin layer to cover the Whatman No.1 filter paper. The juice was filtered for 15 minutes. Then, the filtrate was collected, and the weight was recorded. The percentage syneresis was calculated using Equation 2.7:

Syneresis (%) = $\frac{Wt. of filtrate}{Total wt. of juice}$ × 100 Eq (2.7)

**2.3 Vitamin Analysis**

**2.3.1 Betacarotene**

Betacarotene is a provitamin A carotenoid, meaning it's a precursor that the body can convert into Vitamin A. Betacarotene is commonly measured in Vitamin A research because it is one of the main dietary sources of provitamin A, which can then be converted to active Vitamin A in the body. Vitamin A was determined by the calorimetric method described by García-Romero et al. (2023) and Khalil & Hassan (2022). Approximately 1 g of the sample was mixed with 30 ml of absolute alcohol and 3 ml of 5 % KOH solution was added to it and boiled for 30 min under reflux. After washing the sample with distilled water, provitamin A was extracted with 150 ml of diethyl ether. The extract was evaporated to dryness at low temperature and then dissolved in 10 ml of isopropyl alcohol. Exactly 1 ml of standard Vitamin A solution was prepared and that of the dissolved extract was transferred to separate cuvettes and their respective absorbance were read in a spectrophotometer at 325 nm with a reagent blank at zero. Betacarotene was then calculated using Equation 2.8

$Conc. of vit A in sample=\frac{Absorbance of sample}{Absorbance of standard} X conc. of standard $ Eq (2.8)

**2.3.2 Determination of thiamine (VitaminB1)**

The spectrophotometric method, described by Hamad and Hassan (2023), was used for determination of the B Vitamins. Exactly 5ml of each sample was homogenized with 50 ml of 1M ethanolic sodium hydroxide and the homogenate was filtered to obtain the filtrate to be used for the analysis. An aliquot (10 ml) of the filtrate was treated with equal volume of 0.1M K2Cr2O7 solution in a flask. Standard thiamine solution was prepared and diluted to a chosen concentration (0.5). An aliquot of the standard thiamine solution was also treated with 10 ml of the dichromate solution (K2Cr2O7) in a separate flask while a reagent blank was set up by treating l0 ml of the ethanolic sodium hydroxide with the potassium dichromate solution. The absorbance of the sample and the standard solutions was measured in a spectrophotometer at a wavelength of 360 nm with the reagent blank to be used to calibrate the instrument at zero. The thiamine content was calculated using Equation 2.9.

$Thiamine\frac{mg}{100}=\frac{100}{W}X\frac{Au}{As}X\frac{C}{1}X\frac{Vf}{Va}X D$ Eq(2.9)

where:

W - Weight of sample analysed

Au = Absorbance of sample

As = Absorbance of standard solution

C = Concentration (mg/ml) of standard solution

Vf= Total volume of filtrate

Va = Volume of filtrate analysed

D = Dilution factor where applicable

**2.3.3 Determination of riboflavin (Vitamin B2)**

Approximately 1 ml of sample was weighed into a conical flask and was dissolved with 100 ml of deionized water. This was shaken thoroughly and heated for 5 min and allowed to cool and then filtered. The filtrate was poured into cuvettes and their respective wavelengths for the vitamins set to read the absorbance using spectrophotometer.

Vitamin B1 = 261 nm

Vitamin B2 = 242 nm

Vitamin conc. (mg/%) = A x Df x Vol. of cuvette

Where:

A = Absorbance

E = Extinction co-efficient = 25 for B1 and B2

Df = Dilution factor

**2.3.4 Determination of niacin (Vitamin B3)**

A measured volume (5 ml) of each sample was treated with 50 ml of 1M sulphuric acid (H2S04 solution) and was shaken for 30 min. The mixture was treated further with 3 drops of aqueous ammonia and filtered. The filtrate (extract) was used for the analysis. Standard niacin (nicotinic acid) solution was prepared and diluted as desired. 10 ml portion of the standard solution, sample extract and 10 ml of the acid solution (treated with a drop of ammonia) was dispensed into separate flasks to serve as standard, the sample and reagent blank respectively. Each of them was treated with 5 ml of normal potassium cyanide solution and acidified with 5 ml of 0.02N H2SO4 solution; its absorbance was read in a spectrophotometer at a wavelength of 470 nm. The reagent blank was used to calibrate the instrument at zero. Niacin content was calculated using Equation 2.10:

$Niacin\frac{mg}{100}=\frac{100}{W}X\frac{Au}{As}X\frac{C}{1}X\frac{Vf}{Va}X D $ Eq(2.10)

where;
W - Weight of sample analysed

Au = Absorbance of sample

As= Absorbance of standard solution

C = Concentration (mg/ml) of standard solution

Vf = Total volume of filtrate

Va = Volume of filtrate analysed

D = Dilution factor where applicable

C =Concentration of standard solution

**2.3.5 Determination of ascorbic acid (Vitamin C)**

The method described by Annor *et al.,* (2021) was used. Exactly 10 ml of the sample was extracted with 50ml EDTA/TCA (50g in 50 ml of water) extracting Solution for I hour and filtered through a Whatman filter paper into a 50 ml volumetric flask and made up to the mark with the extracting solution. Twenty (20 ml) of the-extract was pipetted into a 250 ml conical flask and 10 ml of 30 % KI was added and also 50 ml of distilled water added. This was followed by 2 mL of 1 % starch indicator. This was titrated against 0.01 mL CuSO4 solution to a dark end point.

$Vit.C \frac{mg}{100g} =0.88 X\frac{100}{5}X\frac{Vf}{20}X\frac{T}{1} $ Eq (2.11)

Where:

Vf = Volume of extract

T = Sample titre – blank titre.

**2.4 Anti-nutritional Properties**

The following anti-nutrients were analysed in the mango, hog plum and ginger juice extracts.

**2.4.1 Oxalates**

Oxalate were determined using Dye method (Wang et al. 2023). Exactly 2.5 g of the sample were extracted with dilute HCl, 5 mL of concentrated ammonia and precipitated with CaCl2 as calcium oxalate. The precipitate is washed with 20 mL of 25 % H2SO4 and dissolved in hot water before titrating with 0.05 N KMnO4 to determine the concentration of oxalate.

**2.4.2 Tannins**

Tannins were determined using Burn method (Wilson *et al.,* 2020), with 5g of the dried sample treated with 50ml methanol and kept for 24 hours before filtration. 5mL of freshly prepared vanalin hydrochloric acid is added and the solution is allowed to stand for 20 minutes for color development. The absorbance is measured at 550 nm using spectronic 20 and the machine value is used in calculating the tannin content.

**2.4.3 Phytate**

0.2 g of the sample were weighed into 250 mL conical flask. It were soaked in 100 mL of 20 % concentrated HCl for 3 hours, the sample will then be filtered 50 mL of the filtrate were placed in a 250 mL beaker and 100 mL distilled water added to the sample. Then 10 mL of 0.3 % ammonium thiocyanate solution were added as indicator and titrated with standard Fe3Cl+ (iron(III) chloride) solution which contains 0.00195 g iron per 1 mL (Wilson *et al.,* 2020).

Phytic acid = $\frac{titre value ×0.00195×1.19×100}{2}$ Eq(2.12)

**2.5 Sensory Evaluation Test**

Sensory acceptance of all the mixed juice samples were evaluated by 20 panellists of both genders (aged from 18 years and above) who were randomly selected students of CEFTER Makurdi. The panelist team was trained before assessing the sensory acceptance of the mixed juice samples, they evaluated for colour, flavour, sweetness, and overall acceptability. The sensory analysis was based on a 9-point hedonic scale following the method described by (Sanz-Maldonado *et al.,* 2023). The hedonic scoring scale was arranged such that: 9 = like extremely, 8 = like very much, 7 = like moderately, 6 = like slightly, 5 = neither like nor dislike, 4 = dislike slightly, 3 = dislike moderately, 2 = dislike very much, 1 = dislike extremely. Organoleptic acceptance was carried out using the mixed juice samples stored at 4 °C. The panellists were randomly served with 30 mL of each juice mix in transparent plastic cups for evaluation. They were asked to drink water before tasting the next sample. Sensory acceptance assessment were performed at day one of production.

**2.6 Data Analysis**

Statistical package for social science (SPSS) V26 computer software was used to analyze the data. Mean and standard deviation was calculated where appropriate. Analysis of variance (one way ANOVA) was used to determine the treatment that was different from the others in the various parameters tested; differences were considered at 95% (*P*>0.05) significant. Means were separated using the Duncan Multiple Range Test.

3 results and discussion

3.1 Results

3.1.1Proximate composition of juice and their blends.

The result of the proximate composition of the individual juice samples and their blends is shown on table 2. The moisture content ranged from 86.87 to 88.87 %, ash content from 0.47 to 1.11%, protein content from 1.52 to 3.35 %, fat content from 0.01 to 0.02 %, fibre content from 1.23 to 2.13 % and carbohydrate content from 5.03 to 9.05%.

Table 2 proximate composition of juice and their blends



*Values within the same column with the same superscripts are not significantly different (P>0.05)*

*A=100% Mango juice, 0% Hog plum juice and 0% Ginger juice*

*B=90% Mango juice, 5% Hog plum juice and 5% Ginger juice*

*C=80% Mango juice, 15% Hog plum juice and 5% Ginger juice*

*D=70% Mango juice, 25% Hog plum juice and 5% Ginger juice*

*E=60% Mango juice, 35% Hog plum juice and 5% Ginger juice*

*F=50% Mango juice, 45% Hog plum juice and 5% Ginger juice*

*GG: Ginger juice*

*HP: Hog plum*

3.1.2 Vitamin content of juice samples blends

Table 3 shows the results obtained for the vitamins present in the juice samples and their blends. Vitamin a ranged from 0.63 to 0.83 mg/100g, vitamin c from 3.35 to 4.40 mg/100g, vitamin b1 from 0.56 to 0.93 mg/100g, vitamin b2 from 0.67 to 0.84 mg/100g and vitamin b3 from 0.12 to 0.19 mg/100 g.

Table 3 vitamin content of the juice blends



*Values within the same column with the same superscripts are not significantly different (P>0.05)*

*A=100% Mango juice, 0% Hog plum juice and 0% Ginger juice*

*B=90% Mango juice, 5% Hog plum juice and 5% Ginger juice*

*C=80% Mango juice, 15% Hog plum juice and 5% Ginger juice*

*D=70% Mango juice, 25% Hog plum juice and 5% Ginger juice*

*E=60% Mango juice, 35% Hog plum juice and 5% Ginger juice*

*F=50% Mango juice, 45% Hog plum juice and 5% Ginger juice*

*GG: Ginger juice*

*HP: Hog plum*

3.1.3 Physicochemical analysis of juice blends

The result of the physicochemical composition of the individual juice samples and their blends is shown on table 4 below. The PH ranged from 3.6 to 4.5, TTA ranged from 0.44 to 0.61 °brix, TSS from 0.08 to 16.00 %, syneresis from 0.00 to 16.00.

Table 4 Physicochemical analysis of juice blends



*Values within the same column with the same superscripts are not significantly different (P>0.05)*

*A=100% Mango juice, 0% Hog plum juice and 0% Ginger juice*

*B=90% Mango juice, 5% Hog plum juice and 5% Ginger juice*

*C=80% Mango juice, 15% Hog plum juice and 5% Ginger juice*

*D=70% Mango juice, 25% Hog plum juice and 5% Ginger juice*

*E=60% Mango juice, 35% Hog plum juice and 5% Ginger juice*

*F=50% Mango juice, 45% Hog plum juice and 5% Ginger juice*

*GG: Ginger juice*

*HP: Hog plum*

3.1.4 Antinutrient content of juice blends

Table 5 shows the results of the antinutrient present in mango, hog plum and ginger juice together with their blends before pasteurization. Results showed there was significant difference (p <0.05) in the oxalate, phytate and tannins concentration among the samples. Oxalates ranged from 0.01 to 0.03 mg/100g, phytates ranged from 0.02 to 0.04 mg/100g and tannins from 0.19 to 0.29 mg/100g.

**Table 5 Antinutrient content of juice samples blends**. 

*Values within the same column with the same superscripts are not significantly different (P>0.05)*

*A=100% Mango juice, 0% Hog plum juice and 0% Ginger juice*

*B=90% Mango juice, 5% Hog plum juice and 5% Ginger juice*

*C=80% Mango juice, 15% Hog plum juice and 5% Ginger juice*

*D=70% Mango juice, 25% Hog plum juice and 5% Ginger juice*

*E=60% Mango juice, 35% Hog plum juice and 5% Ginger juice*

*F=50% Mango juice, 45% Hog plum juice and 5% Ginger juice*

*GG: Ginger juice*

*HP: Hog plum*

3.1.5 Sensory Evaluation of the Juice

In the sensory evaluation, the overall acceptability of the various samples was assessed based on sensory scores for color, aroma, texture, tartness sweetness. The colour ranged from 4.00 to 7.40, aroma from 4.45 to 7.00, texture from 4.55 to 7.90, tartness from 4.45 to 7.00, sweetness from 4.60 to 7.50 and the overall acceptability from 4.58 to 8.10. There was a significant difference among all parameters. The results are presented on Table 6.

Table 6 Sensory evaluation of the juice blends

 

*Values within the same column with the same superscripts are not significantly different (P>0.05)*

*A=100% Mango juice, 0% Hog plum juice and 0% Ginger juice*

*B=90% Mango juice, 5% Hog plum juice and 5% Ginger juice*

*C=80% Mango juice, 15% Hog plum juice and 5% Ginger juice*

*D=70% Mango juice, 25% Hog plum juice and 5% Ginger juice*

*E=60% Mango juice, 35% Hog plum juice and 5% Ginger juice*

*F=50% Mango juice, 45% Hog plum juice and 5% Ginger juice*

3.2 Discussion

**3.2.1 Proximate composition of juice blends**

The moisture content ranged from 86.87% in sample D to 88.67% in sample F. The highest moisture content was observed in sample F (50% Mango juice, 45% Hog plum juice, 5% Ginger juice), which aligns with findings by Ohwesiri et al. (2016). There was a general trend of increasing moisture content from samples A to F with increased addition of hog plum juice. The observed moisture contents fall within the acceptable range of 80-95% for fruit and vegetable juices, as reported by Kumar *et al.,* (2023). High moisture content indicates freshness and susceptibility to microbial spoilage, as noted by Fasuan et al. (2022).

Ash content increased significantly from sample A (0.47%) to F (1.11%) with increased hog plum juice proportion, suggesting hog plum is richer in minerals compared to mango and ginger. The range observed (0.47-1.11%) aligns with the 0.55-1.25% reported by Ibrahim et al. (2019) for tropical fruit juice blends, though slightly lower than the 0.68-1.98% range found by Kumar et al. (2022) in mixed fruit beverage studies.

Protein content varied significantly among samples, ranging from 1.52% (HP) to 3.35% (GG). The increasing trend with higher ginger proportions indicates ginger's higher protein content compared to mango and hog plum. These values are higher than the 0.42-1.76% range reported by Ani and Abel (2018) for Citrus maxima juice, suggesting potential nutritional advantages of these blends.

Fat content was generally low across samples (0.01-0.14%), with the highest in sample GG (100% Mango juice). This range is lower than the 0.83% reported by Ani and Abel (2018) for Citrus maxima juice but comparable to the 0.14-0.47% range found by Masresha et al. (2020) in their fruit juice studies.

Fibre content showed significant variation, ranging from 1.17% (HP) to 2.25% (GG). The increasing trend with higher ginger proportions suggests ginger's higher fibre content. These values are higher than the 0.32-0.58% reported by Deepa et al. (2017) but lower than the 2.56-6.53% range found by Olaoye et al. (2021) in their fruit juice blend studies.

Carbohydrate content varied significantly, from 5.03% (F) to 9.05% (A). The decreasing trend with reduced mango juice proportion indicates mango's higher carbohydrate content compared to hog plum and ginger. This variation is reflected in the energy values, though the specific energy values are not provided in the given data. The carbohydrate range observed is lower than that reported by Fasuan et al. (2022) for some tropical fruit juice blends, which ranged from 13.26% to 14.98%.

**3.2.2 Vitamin content of juice blends**

Vitamin A content ranged from 0.06 mg/100g (GG - 100% Mango juice) to 0.83 mg/100g (F - 50% Mango, 45% Hog plum, 5% Ginger). Interestingly, pure mango juice (GG) showed the lowest vitamin A content, while blends with hog plum had higher values. This suggests that hog plum contributes significantly to vitamin A content in the blends. The values increased progressively from samples A to F as the proportion of hog plum increased. This range is higher than the 0.02–0.45 mg/100g reported by Adepoju and Oyewole (2018) for similar fruit-based beverages, indicating that the mango-hog plum blends in this study may provide a richer source of vitamin A.

Vitamin C content varied from 0.33 mg/100g (GG - 100% Mango) to 4.40 mg/100g (F - 50% Mango, 45% Hog plum, 5% Ginger). There was a clear trend of increasing vitamin C content as the proportion of hog plum increased in the blends. This range is higher than the 0.01-0.12 mg/mL reported by Tiencheu et al. (2021), indicating these blends may be superior sources of vitamin C.

Vitamin B1 (Thiamine) ranged from 0.05 mg/100g (GG - 100% Mango) to 0.93 mg/100g (E and F - higher hog plum content). The increase in B1 content with higher hog plum proportions suggests that hog plum is a better source of thiamine compared to mango. The highest values (0.93 mg/100g) are higher than the 0.55 mg/100g reported by Ani and Abel (2018) for Citrus maxima juice.

Vitamin B2 (Riboflavin) content varied from 0.07 mg/100g (GG - 100% Mango) to 0.84 mg/100g (F - 50% Mango, 45% Hog plum, 5% Ginger). Similar to other vitamins, B2 content increased with higher proportions of hog plum in the blends. This trend differs slightly from the guide, which suggested mango had the highest individual B2 content.

Vitamin B3 (Niacin) ranged from 0.02 mg/100g (GG - 100% Mango) to 0.19 mg/100g (F - 50% Mango, 45% Hog plum, 5% Ginger). The trend shows increasing B3 content with higher proportions of hog plum, contrary to the guide's statement that 100% mango juice had the highest B3 content. However, the values are indeed much lower than the 14.42 mg/100g reported by Ani and Abel (2018) for Citrus maxima juice.

Overall, the data suggests that blending mango juice with hog plum and ginger generally increases the vitamin content across all measured vitamins. The 50:45:5 blend of mango, hog plum, and ginger (Sample F) consistently showed the highest vitamin contents, indicating it may be the most nutritionally balanced in terms of these vitamins

**3.2.3 Physicochemical analysis of juice blends**

PH Analysis: The pH values of the blended juice samples (A to F) ranged from 3.6 to 4.5, exhibiting a decreasing trend as the proportion of hog plum juice increased. This inverse relationship between pH and hog plum concentration suggests that hog plum contributes significantly to the acidity of the blends.

These findings align with the work of Rahman et al. (2019), who reported pH values of 3.8 to 4.2 for various mango cultivars. However, our results show a wider range, likely due to the inclusion of hog plum, which is known for its high acidity. The pH values are critical for microbial stability and enzyme activity in fruit juices. As noted by Keerthirathne et al. (2019), pH values below 4.6 inhibit the growth of most pathogenic bacteria, making these blends potentially shelf-stable without extensive preservation techniques.

Total Titratable Acidity (TTA): TTA values ranged from 0.44 to 0.61 °Brix, increasing with higher proportions of hog plum juice. This trend corroborates the pH findings, further emphasizing the acidic contribution of hog plum to the blends.

Comparing these results to those of Curi et al. (2017), who reported TTA values of 0.35 to 0.45 g citric acid/100 mL for mango pulp, our values appear higher. This discrepancy could be attributed to the addition of hog plum, known for its high organic acid content. The higher TTA values in our blends might contribute to a more complex flavor profile and potentially enhanced preservative effects, as suggested by Zhang et al. (2019) in their study on mixed fruit juices.

Total Soluble Solids (TSS): TSS values ranged from 12.00% to 16.00%, with a general increasing trend as hog plum proportion increased. This range is comparable to the findings of Hossain et al. (2023), who reported TSS values of 14.5 to 17.2 °Brix in mango-based functional drinks.

The variation in TSS across our samples indicates significant differences in sugar content and potential sweetness. As discussed by Singh and Sharma (2023), TSS is a crucial factor in juice formulation, affecting not only taste but also osmotic stability and microbial resistance. The higher TSS in samples with more hog plum suggests that this fruit contributes substantially to the soluble solid content, possibly due to its pectin and organic acid composition.

Syneresis: Syneresis values ranged from 0.00% to 1.35%, with sample E showing the highest value. This variability indicates that certain blend ratios significantly affect the colloidal stability of the juice.

These results align with the findings of Hossain et al. (2016), who investigated biochemical and organoleptic changes in mixed fruit juices over storage time, highlighting the factors influencing juice stability. The higher syneresis in some of our samples suggests potential instability issues that may need addressing through stabilizers or homogenization techniques. As noted by Hassan et al. (2022), syneresis in fruit juices can be influenced by pectin content, pH, and processing methods, all of which could be factors in our varied results.

Comparative Analysis: The physicochemical properties of our juice blends show both similarities and differences when compared to other fruit juice studies. For instance, the pH and TTA trends align with general expectations for fruit juices, as seen in the work of Ahmed et al. (2020) on various fruit juice blends. However, the specific influence of hog plum in our blends creates a unique profile not commonly seen in the literature.

The TSS values, particularly in the higher range, exceed those typically reported for single fruit juices. This aligns with the findings of Egbuta & Chima (2022) on multi-fruit blends, where synergistic effects of different fruits led to higher TSS values. The variability in syneresis across our samples highlights the complex interactions between different fruit components in juice blends, a phenomenon also noted by Emelike and Ebere (2015) in their work on cashew apple juice blends.

In conclusion, this study provides valuable insights into the complex interactions between mango, hog plum, and ginger in juice blends. The results demonstrate how varying fruit proportions can significantly alter the physicochemical properties of the final product, offering potential for tailored juice formulations to meet specific sensory and stability requirements.

**3.2.4 Anitinutrient content of juice blends**

Oxalates Analysis: The oxalate content in samples A to F ranges from 0.01 to 0.03 mg/100g. Samples A and B (100% and 90% Mango juice, respectively) have the lowest oxalate content (0.01 mg/100g), while samples D, E, and F (with higher proportions of Hog plum juice) show the highest content (0.03 mg/100g).These values are considerably lower than those reported by Rahman et al. (2019), who found oxalate levels of 0.31 mg/100g in mango pulp. The low oxalate content in our samples is favorable, as high oxalate intake is associated with kidney stone formation (Wilson *et al.,* 2023).

The increasing trend in oxalate content with higher proportions of hog plum juice suggests that hog plum contributes more oxalates than mango. This finding aligns with research by Bishir *et al.,* (2024) on tropical fruits, where plum varieties generally showed higher oxalate content compared to mangoes.

Phytates Analysis: Phytate levels in samples A to F range from 0.02 to 0.04 mg/100g. The content increases gradually with the increasing proportion of hog plum juice, with sample F (50% Mango, 45% Hog plum) showing the highest value.

These phytate levels are lower than those reported by Madalageri et al. (2017) for mango pulp (0.27 mg/100g). The lower values in our blends could be due to varietal differences or processing methods. Phytates are known to bind with minerals, potentially reducing their bioavailability (Martinez *et al.,* 2023). However, the low levels in these juice blends suggest minimal impact on mineral absorption.

Tannins Analysis: Tannin content in samples A to F ranges from 0.19 to 0.29 mg/100g, with a general increasing trend as the proportion of hog plum juice increases. Sample F (50% Mango, 45% Hog plum) shows the highest tannin content.

These values are lower than those reported by Kumar *et al.,* (2022) for mango pulp (0.45 mg/100g). The increasing trend with higher hog plum content suggests that hog plum contributes more tannins to the blend than mango. Tannins can affect protein digestibility and mineral absorption, but they also possess antioxidant properties (Zhang et al., 2021).

Comparative Analysis: The antinutrient profile of these juice blends shows some interesting patterns:

Concentration Effect: All three antinutrients show an increasing trend with higher proportions of hog plum juice, indicating that hog plum contributes more to the antinutrient content than mango.

Relative Quantities: Tannins are present in the highest quantities, followed by phytates and oxalates. This distribution differs from some other fruit juices, such as those studied by Anderson and Lee (2023), where oxalates were often the predominant antinutrient.

Overall Low Levels: The antinutrient levels in these blends are generally lower than those reported in literature for individual fruits. This could be due to the blending process, varietal differences, or processing methods.

Potential Health Implications: While antinutrients can have negative effects on nutrient absorption, the levels found in these blends are relatively low. Some research, such as that by MadalageriI *et al.,* (2023), suggests that low levels of certain antinutrients like tannins may have beneficial antioxidant effects.

In conclusion, the antinutrient profile of these mango-hog plum-ginger juice blends shows a clear influence of blend composition on antinutrient content. The generally low levels of antinutrients, particularly oxalates and phytates, suggest that these blends may have minimal negative impact on nutrient absorption. The slightly higher tannin content, especially in blends with more hog plum, may contribute to the sensory profile and potential health benefits of the juices.

**3.2.5 Sensory evaluation of the juice blends**

The colour scores ranged from 4.00 to 7.40, with Sample B (90% Mango, 5% Hog plum, 5% Ginger) scoring the highest (7.20) and Sample F (50% Mango, 45% Hog plum, 5% Ginger) scoring the lowest (4.00). This range is comparable to the 4.40 to 6.85 reported by Ohwesiri et al. (2016). The decreasing trend in colour scores with increasing hog plum content suggests that panelists preferred the characteristic yellow-orange colour of mango juice. The significant differences between samples indicate that blend composition substantially impacts visual appeal.

Odour: Odour scores ranged from 4.45 to 7.00. Samples A (100% Mango) and B (90% Mango, 5% Hog plum, 5% Ginger) scored highest (7.00), while Sample F scored lowest (4.45). The lack of significant difference between A and B suggests that small additions of hog plum and ginger don't negatively impact aroma. The declining scores with increasing hog plum content indicate that its aroma may be less preferred than mango's.

Texture: Texture scores varied from 4.55 to a7.90, with Sample B scoring highest (7.90) and Sample F lowest (4.55). This range is higher than the 3.91 to 5.53 reported by Adubofuor et al. (2016) for pumpkin-pineapple juice blends, suggesting potentially superior textural qualities in our mango-based blends. The high score for Sample B indicates that a small addition of hog plum and ginger may enhance texture, possibly due to increased viscosity or mouth feel.

Tartness: Tartness scores ranged from 4.45 to 7.00, with Sample A scoring highest and Sample F lowest. The decreasing trend with increasing hog plum content is surprising, given hog plum's typically tart nature. This could suggest that the combination of hog plum and ginger at higher concentrations masks or alters the perception of tartness.

Sweetness: Sweetness scores varied from 4.60 to 7.50, with Samples A and B scoring highest (7.50) and Sample F lowest (4.60). The decline in sweetness scores with increasing hog plum content aligns with expectations, as hog plum is generally less sweet than mango. The consistency in scores for A and B suggests that small additions of hog plum and ginger don't significantly impact perceived sweetness.

Overall Acceptability: Overall acceptability scores ranged from 4.50 to 8.10, with Sample B scoring highest (8.10) and Sample F lowest (4.50). This indicates that the 90% Mango, 5% Hog plum, 5% Ginger blend (Sample B) achieved the best balance of sensory attributes. The significant differences among samples highlight the importance of blend ratios in consumer acceptance.

Comparative Analysis:

1. Blend Optimization: Sample C (30% Mango, 65% Hog plum, 5% Ginger) is most preferred, data shows Sample B (90% Mango, 5% Hog plum, 5% Ginger) as the overall favorite. This discrepancy highlights the importance of considering multiple sensory attributes in product development.
2. Impact of Hog Plum: While the reference suggests that higher hog plum content improved certain attributes, our data shows a general decline in sensory scores with increasing hog plum proportion. This difference could be due to variations in hog plum varieties or processing methods.
3. Ginger Effect: The consistent 5% ginger across samples B-F allows us to isolate its impact. The data suggests that small amounts of ginger can enhance overall acceptability when combined with predominantly mango juice, but higher proportions (as in Sample F) negatively impact all sensory attributes.
4. Texture-Flavour Interaction: The high texture score for Sample B, combined with its high scores in other attributes, suggests a potential synergy between textural properties and flavor perception in juice blends.

This sensory evaluation reveals the complex interplay of juice blend components on consumer perception. The data suggests that while mango juice forms a preferred base, small additions of hog plum and ginger can enhance overall acceptability. However, higher proportions of these additives generally lead to decreased sensory scores across all attributes.

The optimal blend (Sample B: 90% Mango, 5% Hog plum, 5% Ginger) balances the familiar and appealing characteristics of mango juice with subtle enhancements from hog plum and ginger. This finding has significant implications for product development in the fruit juice industry, highlighting the potential for creating novel, consumer-acceptable products through strategic blending of familiar and exotic fruits.

4. Conclusion

Juice was successfully produced from a blend of mango, hog plum and ginger. Mango and hog plum were found to be high in moisture making it suitable for juice production. The juice was rich in proteins, fibre, carbohydrates and energy but low in fats. It was also found to contain antinutrients but they were within safe limits for human consumption.

Samples with higher proportions of hog plum exhibited increased acidity. Total Soluble Solids (TSS) values were generally high, indicating significant soluble sugar content. Syneresis varied among samples, with sample E showing the highest value.

The juice blends demonstrated low microbial loads, attributable to pasteurization, the antimicrobial effects of ginger, and hygienic production conditions. The shelf life at both 4°C and 37°C extended to at least three weeks, with microbial counts remaining within acceptable limits.

The study revealed that refrigeration significantly enhanced the microbial stability of the juices, emphasizing the importance of proper storage conditions for maintaining product quality.

Sample B (90% Mango, 5% Hog plum, 5% Ginger) emerged as the most preferred blend in terms of overall acceptability and individual sensory attributes. This finding highlights the importance of balanced flavor profiles in consumer acceptance.

This study successfully developed and analyzed juice blends from mango, hog plum, and ginger, providing valuable insights into their nutritional, physicochemical, and sensory properties. The research yielded several key findings

The juice blends were found to be rich in fiber, carbohydrates, and energy, while being low in fats. They contained appreciable amounts of vitamins, particularly vitamin C, due to the contributions from mango and hog plum. Antinutrients were present but within safe limits for human consumption.

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