



IN VITRO STARCH DIGESTIBILITY AND EXPECTED GLYCEMIC INDEX OF POUND CAKES BAKED IN TWO-CYCLE MICROWAVE-TOASTER AND CONVENTIONAL OVEN.

ABSTRACT

Bread baking technology has an important effect on starch digestibility measured as its predicted glycemic index tested in vitro. The aim of this work was to evaluate the changes in predicted glycemic index of pound cake baked in a two-cycle microwave toaster and a conventional oven. The glycemic index was calculated from hydrolysis index values by the Granfeldt method. Non-significant differences ($P > 0.05$) were found in hydrolysis index (60.67 ± 3.96 for the product baked in microwave oven and 65.94 ± 4.09 for the product baked in conventional oven) and predicted glycemic index content (60.5 for product baked in microwave oven and 65 for the product baked in conventional oven) in freshly-baked samples. Results clearly demonstrate that the baking pound cake conventional process could be replicated using a two-cycle multifunction microwave oven, reducing the traditional baking time. Further research is required in order to achieve pound cake crumb uniformity.

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Autores: Francisco J. García-Zaragoza, María E. Sánchez-Pardo, Alicia Ortiz-Moreno, Luis A. Bello-Pérez.

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