Due to the increasing demand of healthy foods, the food industry is improving the nutritional value of these by changing their nutritional composition. Tropical fruits are widely accepted by consumers and are an ideal alternative for obtaining functional foods through the addition of vitamins and minerals. The aim of this study was to evaluate, over time, variations in the physicochemical properties, vitamins (C, B9, D and E) and calcium, and the antioxidant capacity (Folin, DPPH• and ABTS•+) in a cape gooseberry minimally processed product, fortified by the technique of vacuum impregnation (VI). The results indicate that 200 g of fortified cape gooseberry contributes with the 81.6%; 72.3%; 38.9% and 50.2% of the reference daily values (RDV) for vitamins B9, C, D and E, and 15% of calcium. During storage was found decreased concentration of vitamins B9 and E. A similar behavior of vitamin E was found in the antioxidant capacity (CA) measured in the liposoluble fraction. The incorporation of physiologically active components within the structure of cape gooseberry by the technique of IV, give to the fruit the best antioxidant and functional properties with respect to the fresh cape gooseberry.

Keywords
Nutraceutical foods, physiologically active components, antioxidant capacity, physicochemical properties.