Abstract

During the last decade, the development of functional food has grown as the demand has increased significantly. The Group Functional Foods Research (GAF) of the National University of Colombia, Headquarters Medellin; applies the matrix engineering as the methodology to obtain these, adding antioxidant vitamins, minerals, pro-biotics, among others, in the structure of the fruits.

Aim of this study was to develop cape gooseberry minimally processed inoculated with Lactobacillus plantarum in glucose solution, using it as mechanism of incorporating the vacuum impregnation technique. Impregnated samples and stored at 4°C, at time 0,5,10 and 15 days, counting showed 1J52 ± 0,6 x 10⁹ CFU/100g fresh cape gooseberry. Having dairy products as a referent to consider food as probiotic (10⁶ CFU/day), an agreement can be made based on the results. The fruit cape gooseberry inoculated with L. plantarum presents these characteristics, providing an improvement in the consumer’s diet. The development of innovative products like fruits minimally processed with probiotic microorganisms represents an advance in research and development that reinforces the growing culture food consumption that favors health.

Keywords

Probiotics, capegooseberry, functional foods, vacuum impregnation, Lactobacillus plantarum.