

Analysis of Nutritional Composition and Food Safety of Developed Porridge Menu

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Abstract

This study was used for five years from 2014 to 2018 on the porridge previous studies. Data analysis method based on the previous studies, it was classified according to the year and the recipe, and the food name, the main ingredients, the supplementary materials, the spice. Developed recipes was made through literature review and preliminary experiment cooking, and materials and recipes were adjusted to HMR(Home Meal Replacement). Nutrient composition analysis was performed using professional Can-pro 5.0, developed by the Korean Nutrition Society. Nutritional composition of the cooked porridge was compared with the average value of the nutrient content per day of the major nutritive fraction. The daily nutritional standard is 324g of carbohydrate, 55g of protein, 54g of fat, 2000mg of sodium, 700mg of calcium. Nutritional composition of the cooked porridge is 65g of carbohydrate, 19g of protein, 7.38g of fat, 266mg of sodium, 34.96mg of calcium. As a result of testing for the leaching of harmful substances in packaging containers under heating and microwave cooking conditions, the product to be tested conformed to standards or no harmful substances were found. As a result of the microbiological tests specified in the standards of frozen porridge products, the product met the standards.

* This research was partially supported by Korean society of food culture.

Keywords: *porridge, nutrient composition analysis, food safety*

References

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