



Utilization of Sago Flour and Squash in the Production of Vegetable Kropeck

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Keywords

crackers, kropeck, proximate analysis, sago flour, squash, vegetable vitamin A

Abstract

This study was designed to produce a healthier and cheaper snack to take the place of seafood crackers, *chicharon*, and other junk foods. A vegetable kropeck that utilizes squash and sago flour, both inexpensive sources, will address the problem with vitamin A deficiency. Squash contains high amount of vitamin A, making it a good vehicle for nutrient enhancement and fortification. Meanwhile, sago has high levels of antioxidants and provides better quality crackers. A formulation of sago flour, all-purpose flour, and squash was tested via sensory analysis to determine the consumers' degree of liking the product and analyze the panelists' responses to appearance/color, texture (crispiness), flavor, and overall acceptability. Results revealed that the product is highly acceptable in all attributes at 95%. Using the Association of Agricultural Chemists's methods, the product was found to consist of 11.89% moisture, 2.61% crude ash, 0.31% crude fat, 2.30% crude fiber, 11.62% crude protein, 71.87% carbohydrates, and 15,245 IU/100 g of vitamin A. Also, the product costs only half the price of the commercial seafood-based kropeck. Utilization of sago flour and squash in the production of vegetable kropeck was determined to be highly feasible based on sensory analysis, chemical composition, and cost. We recommend testing the feasibility of increasing the amount of squash in the produced kropeck to also increase its vitamin A content.