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Evaluation of the Nutritional Value of Functional Yogurt Resulting from Combination of Date Palm Syrup and Skim Milk

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Abstract: The objective of this study was to use date palm syrup as a part of water (v/v) used in reconstituting skim milk powder in processing yogurt with 14% total solids. Physical properties such as sensory characteristics and apparent viscosity were evaluated. To evaluate the nutritional value of yogurt, antioxidant values were monitored during storage and the sample which recorded the highest values would determine its chemical composition. In addition, some micronutrients (HCl-soluble minerals) and (folate and C vitamins) compared to plain yogurt. Results showed that yogurt enriched with 10% date syrup had a significant sweetness, recorded the highest antioxidant values, higher in HCl-soluble minerals and folate concentration compared to plain yogurt. It could be concluded that numerous health benefits beyond its nutritional value have been associated with consuming yogurt enriched with 10% date palm syrup.

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