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The Effect of Interesterification Reactions on The Tocopherols and The Sterols in Fats

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<u>Abstract:</u> In this study, interesterification which has been used in developed countries for years and tried in Turkey recently, was applied to a sunflower oil and beef tallow blend (80:20). 25 sample fats were obtained by applying interestification at different temperatures and times by adding 0.3% sodium methoxide. The changes in the tocopherols and sterols of these fats were investigated. It was determined that the reaction was completed at 70°C in 45 minites and at higher temperatures and longer times using lipase hydrolysis. In conclusion tocopherols and sterols were esterified more quickly as time and temperature increased. Therefore, they were more protected during interesterification and especially during the bleaching process as the reaction time increased.

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