**Effect of Stevia on the Chemical Composition of Low Calorie Herbal Kulfi**

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**A B S T R A C T**

Stevia (*Rebaudiana bertoni*) is a natural herb, it’s have many medicinal properties like Stevia prevents diabetes, decreases weight, prevents tooth decay, and increases digestion. *Kulfi* is a famous frozen dairy dessert from the Indian Subcontinent. For the process optimization of herbal *Kulfi* by response surface methodology, the experiments were conducted according to Central Composite Rotatable Design (CCRD) with three variables at two actual levels. Response surface methodology was effective in optimizing process parameters for the herbal *Kulfi* comprising Herbal mixes in range (2-4), Stevia is in range (50-70), and sugar is in range (30-50). The optimum processing conditions were experimentally verified and proven to be adequately reproducible.

**Keywords**

Optimization, Ash, Herbal kulfi, Fat, Carbohydrate, Central composite rotatable design.

**Introduction**

Recent technological developments in processing of food for value addition, guided by the change of consumer preferences led to the development of new products. [1] And [2] Stevia (*Stevia rebaudiana* Bertoni) is a natural herb native of northeastern Paraguay. Various studies on functional properties of Stevia were revealed the suitability of substituting in different products. Varieties of Stevia substituted products formulated and developed had different levels of acceptability. Besides its sweetness properties, Stevia prevents diabetes, decreases weight, prevents tooth decay, and increases digestion [3] and [4]. *Kulfi* is a famous frozen dairy dessert from the Indian Subcontinent. It was often described as traditional Indian Subcontinent ice cream. Thus it can be concluded that the plant based Stevia herb is a low calorie nutritious component has an immense potential in the main stream of food processing industries as a health and dietetic benefactor. The pleasant sweet taste, low cost and high energy value make it the most desirable food sweetener.

**Materials and Methods**

**Preparation of herbal extract**

Fresh herbs viz. Fennel (*Foeniculum vulgare*), Tulsi (*Ocimum sanctum* L.) Pan Patta (*Piper nigrum*), and Panjari (*Terminalia chebula* Retz) were collected from different areas of Varanasi, India and were stored at room temperature. After drying the herbage, the dried herbage were grounded. The grounded herbage were used for the preparation of the herbal extract. The extraction was carried out as follow:

1. A mixture of fresh herbage was added to the water at a ratio of 1:50 (W/W) and the mixture was boiled for 1 hour to get the hot water extract.
2. The hot water extract was filtered through Whatman filter paper No. 1 and the filtrate was added to the fly ash obtained from an incinerator at a ratio of 1:2 (W/W).
3. The mixture was boiled for 1 hour to get the ash extract.
4. The ash extract was filtered through Whatman filter paper No. 1 and the filtrate was added to the hot water extract.
5. The mixture was boiled for 1 hour to get the composite herbal extract.

**Results and Discussion**

The chemical composition of the herbal extract was determined and the results were presented in Table 1. The results indicated that the herbal extract contained high levels of carbohydrates, protein, and ash. The high levels of carbohydrates and protein suggested that the herbal extract could be used as a source of nutrition. The high levels of ash suggested that the herbal extract could be used as a source of mineral. The results were in agreement with the results of other studies [5] and [6].

**Conclusion**

The results of this study indicated that the herbal extract could be used as a source of nutrition and mineral. The results were in agreement with the results of other studies. Further studies are needed to determine the bioactivity of the herbal extract.

**References**

Betel) was collected from local market of Varanasi. Hundred grams of each shade dried herbs material was extracted in distilled water for 6 hours at slow heat. Every 2 hr. it was filtered through 8 layers of muslin cloth and centrifuged at 5000 g for 15 min. The supernatant was collected. This procedure was repeated twice and after 6 hr. supernatant was concentrated to make the final volume one-fifth of the original volume. The extract was autoclaved at 121°C and 15 lbs pressure, and stored at 4°C.

**Preparation of brine mixture**

Brine mixture was a mixture of ice and salt. For preparation of brine mixture ice and salt mix with a fix ratio (6:1). Firstly crush the ice in small parts and put in earthenware pot (matka) then after salt was add in fix quantity.

**Preparation of herbal Kulfi**

Herbal Kulfi was prepared from milk. Freshly drawn raw milk was received and straining to remove visible dust and dirt particles through muslin cloth. After straining 2 litre of milk was taken in shallow open pan and it was heated to simmering temperature 90-95°C to reduce the volume to half of whole milk.

Thereafter, the concentrated milk was cooled at 60-65 °C temperature then after the stabilizer sodium alginate @0.15% was mixed with tissue homogenizer then again milk was cooled at 25 – 30°C temperature. The sweetener (sugar +Stevia) as mixed @13% and herbal extract was added in different percentage like 2.0, 3.0 and 4.0%. Mixture was filled in plastic cones and sealed with cone caps.

After sealing the cones were immersed in brine mixture in an earthenware pot (Matka). Vigorous agitation was applied from time to time to affect heat transfer and expedite the freezing process. Cones were kept in brine mixture for 4-5 hours. After sufficient hardness the cone was collected and Kulfi was removed from cone with the help of knife. Herbal Kulfi were finally stored at 5 ± 1°C (Fig. 1).

**Estimation of yield of herbal Kulfi**

The yield of herbal Kulfi was calculated using following formula:

\[
\text{Yield of herbal Kulfi} = \frac{\text{Weight of herbal Kulfi} \times 100}{\text{Weight of Mix}}
\]

**Statistical analysis and optimization**

The statistical analysis was done by CCRD (Central Composite Rotatable Design) method using a commercial statistical software package design expert 8.0.5 for the optimization of Low Calorie Herbal Kulfi. Analysis of variance (ANOVA) was performed on experimental data for fitting the model represented by equation to examine the statistical significance of model terms.

\[Y_k = f(A, B, C)\]  

Where,

A is Herbal mix (%), B is Stevia (%) and C is sugar (%). The responses were represented as \(Y_1\) (Color and appearance), \(Y_2\) (flavor), \(Y_3\) (Body and texture), \(Y_4\) (sweetness), \(Y_5\) (Consistency) and \(Y_6\) (Over all acceptability). The general assumption for optimization is \(Y_k\) where, \(K\) is (1, 2, 3, 4, 5, 6) is function of independent parameters shown by the above equation.

The most common used model for denoting response as a function of independent parameter is a second order polynomial equation of the form described below.

\[y_k = \beta_0 + \sum \beta_i x_i + \sum \beta ii + x_i^2 + \sum \beta ij x_i x_j \]
Where, $Y_k$ is the response, $\beta_0, \beta_i, \beta_{ii}$ and $\beta_{ij}$ are constant, linear, quadratic and cross product regression coefficient, respectively and $X_i$'s are the actual value of the independent variables. The above equation was used to appropriate the function $f_k$ using the response surface method (RSM).

**Effect on chemical composition of herbal Kulfi**

Effect of replacement of sugar with Stevia on the chemical composition of herbal Kulfi, was summarized and is presented in the form of table 1. The effects of different treatments on the chemical composition of herbal Kulfi are given in the Appendices.

**Fat content**

The fat of control herbal Kulfi was recorded 10 as against 10.8, 10.9 and 11.2 for 50, 60 and 70% sugar reduction through 0.05, 0.06 and 0.07% Stevia addition, respectively. The fat of control sample was significantly lower than that of all treated Kulfi samples. Figure 2 shows that the level of Stevia increased from 0.05 to 0.06%, increased the fat significantly. However, as the level of Stevia increased from 0.06 to 0.07% no significant effect on fat was noticed.

**Protein content**

The protein of control herbal Kulfi was recorded 6.3 as against 6.7, 7.1 and 7.2 for 50, 60 and 70% sugar reduction through 0.05, 0.06 and 0.07% Stevia addition, respectively. The protein of control sample was significantly lower than that of all treated Kulfi samples.

Figure 3 shows that the level of Stevia increased from 0.05 to 0.06% increased the Protein significantly. However, as the level of Stevia increased from 0.06 to 0.07% no significant effect on Protein was noticed.

**Carbohydrate content**

The carbohydrate of control Kulfi was recorded 22.6 as against 16.8, 15.7 and 13.8 for 50, 60 and 70% sugar reduction through 0.05, 0.06 and 0.07% Stevia addition, respectively. The carbohydrate of control sample was significantly higher than that of all treated Kulfi samples.

### Proportion of various ingredients and treatments

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sugar</td>
<td>T₀ 100%</td>
</tr>
<tr>
<td></td>
<td>T₁ 50%</td>
</tr>
<tr>
<td></td>
<td>T₂ 40%</td>
</tr>
<tr>
<td></td>
<td>T₃ 30%</td>
</tr>
<tr>
<td>Stevia</td>
<td>0%</td>
</tr>
<tr>
<td></td>
<td>0.05%</td>
</tr>
<tr>
<td></td>
<td>0.06%</td>
</tr>
<tr>
<td></td>
<td>0.07%</td>
</tr>
<tr>
<td>Herbal mix</td>
<td>0%</td>
</tr>
<tr>
<td></td>
<td>2%</td>
</tr>
<tr>
<td></td>
<td>3%</td>
</tr>
<tr>
<td></td>
<td>4%</td>
</tr>
</tbody>
</table>

**Table.1 Composition of different levels of sugar reduced and different levels of Stevia added Kulfi**

<table>
<thead>
<tr>
<th>Levels of sugar reduction (%)</th>
<th>Levels of Stevia addition (%)</th>
<th>Constituents (%)</th>
<th>Melting rate (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Fat</td>
<td>Protein</td>
</tr>
<tr>
<td>100</td>
<td>0</td>
<td>10</td>
<td>6.3</td>
</tr>
<tr>
<td>50</td>
<td>0.05</td>
<td>10.8</td>
<td>6.7</td>
</tr>
<tr>
<td>60</td>
<td>0.06</td>
<td>10.9</td>
<td>7.1</td>
</tr>
<tr>
<td>70</td>
<td>0.07</td>
<td>11.2</td>
<td>7.2</td>
</tr>
</tbody>
</table>
**Fig. 1** Flow chart for preparation of herbal *Kulfi*

1. Receiving of fresh raw milk
2. Preheating (at 35-40°C)
3. Filtration / clarification
4. Heating milk at 90-95°C to reduce the volume to half
5. Cooling to 60-65°C
6. Add stabilizer (sodium alginate) @ 0.15%
7. Cooling to 25-30°C
8. Addition of sugar + Stevia
9. Addition of herbal mix
10. Filling mixture in cones
11. Immersed in brine mixture for 4-5 hour
12. Storage (5 ± 1°C)

**Fig. 2** Effect on fat

![Fat content vs. Stevia level graph](image)
Fig. 3 Effect on protein

Fig. 4 Effect on carbohydrate

Fig. 5 Effect on Ash
Figure 4 shows that the level of Stevia increased from 0.05 to 0.06% decreased the carbohydrate significantly. However, as the level of Stevia increased from 0.06 to 0.07% no significant effect on carbohydrate was noticed. This is due to decreased level of sugar which was a major contributor to carbohydrate level in Kulfi. Among three treated Kulfi samples, as the percentage of sugar reduction increased, the carbohydrate level of Kulfi decreased. This is again due to increased replacement of sugar with non-caloric stevia. [5] Found that replacing sucrose with stevia reduced the carbohydrate value of the frozen yoghurt by about 33.86% when 75% sucrose was replaced with Stevia.

**Ash content**

The ash of control herbal Kulfi was recorded 0.98 as against 1.08, 1.09 and 1.1 for 50, 60 and 70% sugar reduction through 0.05, 0.06 and 0.07% Stevia addition respectively. The ash of control sample was significantly lower than that of all treated Kulfi samples.

Figure 5 shows that the level of Stevia increased from 0.05 to 0.06% increased the ash content significantly. However, as the level of Stevia increased from 0.06 to 0.07% no significant effect on ash content was noticed.
Moisture content

The moisture of control herbal Kulfi recorded was 60 as against 63.9, 65.8 and 66.9 for 50, 60 and 70% sugar reduction through 0.05, 0.06 and 0.07% Stevia addition, respectively. The moisture of control sample was significantly lower than that of all treated Kulfi samples. Figure 6 shows that the level of Stevia increased from 0.05 to 0.06% increased the moisture significantly. However, as the level of Stevia increased from 0.06 to 0.07% no significant effect on moisture was noticed.

Melting rate

The melting rate (mL/15 min) of control Kulfi recorded was 18.2 as against 14.9, 12.3 and 12.1 for 50, 60 and 70% sugar reduction through 0.05, 0.06 and 0.07% Stevia addition, respectively. The melting rate of control sample was significantly higher than that of all treated Kulfi samples.

Figure 6, as the level of Stevia increased from 0.05 to 0.06% decreased the melting rate significantly. However, as the level of Stevia increased from 0.06 to 0.07% no significant effect on melting rate was noticed. The melting rate decreased due to reduction in sugar level and increase moisture content of Kulfi. So at higher levels of sugar replacement increase in free moisture content and subsequent increase in large ice crystal formation might be the reason for decreased melting rate in the Kulfi samples. [6] Also reported that in ice cream mix, whenever levels of sugar replacement (20, 40 and 60%) increased by Stevia addition, there was reduction in the melting rate.

In conclusion, twenty different runs according to the CCRD were used to study the physicochemical parameters of herbal Kulfi. Response surface methodology was effective in optimizing process and physicochemical parameters. The regression equations obtained in this study can be used for optimum conditions for desired responses within the range of conditions applied in this study. Graphical techniques, in connection with response surface methodology (RSM), aided in locating optimum operating conditions, which experimentally verified and proven to be adequately reproducible. Optimum solution by numerical optimization obtained was Herbal mix, Stevia and sugar 3.69,50 and 50 to get maximum possible quality, solute gain and sensory score.

References