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Czech J. Food Sci.

Miletić N., Popović B., Mitrović O., Kandić M., Leposavić A.:

Phenolic compounds and antioxidant capacity of dried and candied fruits commonly consumed in Serbia

Czech J. Food Sci., 32 (2014): 360-398

Dried fruits (plums, apricots, figs, grapes (amber light and amber dark), chokeberries, and bilberries), and candied fruits (cranberries, cherries, and dates), commercially available and commonly consumed in Serbia, were purchased on the same day in local groceries, and analysed for total phenolics and antioxidant capacity. Total

phenolics contents of dried and candied fruits were as follows: dried chokeberries > dried bilberries > dried plums > candied cherries, dried apricot > dried grapes (amber light) > candied cranberries, dried figs, dried grapes (amber dark), candied dates. The order of antioxidant capacity showed a very similar trend as the total phenolics content. Significant correlation between total phenolics content and antioxidant capacity (R = 0.9931, P < 0.001) was observed. Using HPLC, the identification of selected phenolic compounds was carried out. Most of these compounds were the most abundant in dried chokeberries and dried bilberries, and consequently the highest antioxidant capacity was found in these dried fruit species.

Keywords:

flavonols; hydroxycinnamic acids; HPLC; fruit processing; recommended daily intake

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