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Blending of Oils-Does it Improve the Quality and Storage Stability, an Experiment on Soyabean and Palmolein Based Blends

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Abstract: The present study of nutritional evaluation of two different oil blends investigated using sesame oil as control. The blends selected were soyabean and with sesame in the ratios of 80:20 and 20:80. These blends were stored for 12 months and their physicochemical changes and fatty acid composition were studied every month at the end of the storage period. Though, there was a slight increase in the physical characteristics like specific gravity, lovibond color and refractive index of the blends studied, significant changes were mostly observed only in refractive index ($p < 0.005$). There was a significant difference of increase ($p < 0.005$) in comparison with control in all the chemical characteristics studied like peroxide value, free fatty acids, para-anisidine value, total oxidizable substances value, acid value, kreis test and iodine value. Slight variations of increase in saturated fatty acids and decrease in unsaturated fats were seen over time, which were significantly different from control. Based on the fatty acid composition of the blends proportion of S:M:P showed that no blend had achieved the ideal ratio of 1:1:1. Results indicated that the storage stability sesame-palmolein blends proved to be superior during storage.

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