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THE NUTRITIONAL AND SENSORY EVALUATION OF ELDERFLOWERS PRODUCTS

Sofia Popescu[1], Florina Radu[1]*, Ariana Velciov[1], Antoanela Cozma[1], Lia Rotariu[1]

[1]*Faculty of Food Engineering, University of Life Sciences "King Mihai I" from Timisoara, 300645, Timisoara, Romania*
* Corresponding authors: Florina Radu: florinaradu@usvt.ro

Abstract:

The purpose of this study was to develop a new recipe to obtain a special innovative sweet product using elderflowers, to develop the manufacturing process, technological stages, and sensorial and nutritional analysis of the final product. Our product was prepared at home.
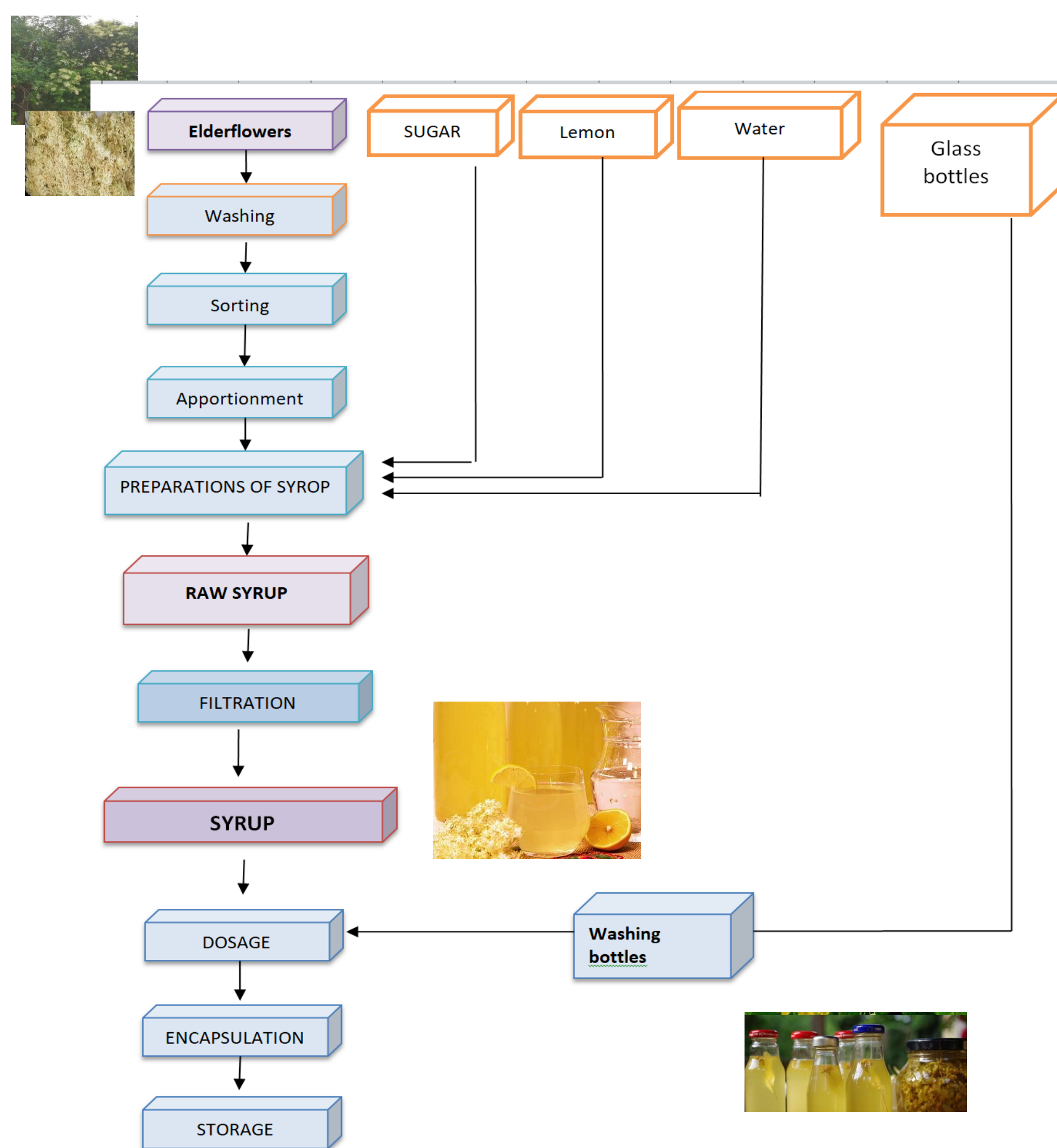The elder (Sambucus nigra) is a shrub native to Europe and North America. Elderberry is known for its edible and medicinal properties and has been used for centuries in traditional medicine. Elderflowers are well known for the health benefits of their consumption, such as: strengthening the immune system, relieving cold and flu symptoms due to the content of flavonoids and other antioxidants that directly help protect the skin, improving digestion due to the mild laxative effect, beneficial effect on blood pressure, regulates cholesterol levels, etc.
From an organoleptic point of view, these sweet product were in line with the rules previously established.
This work demonstrate that this prototype can be considered a food variant due to its high nutritious properties and to its distinguished taste too.

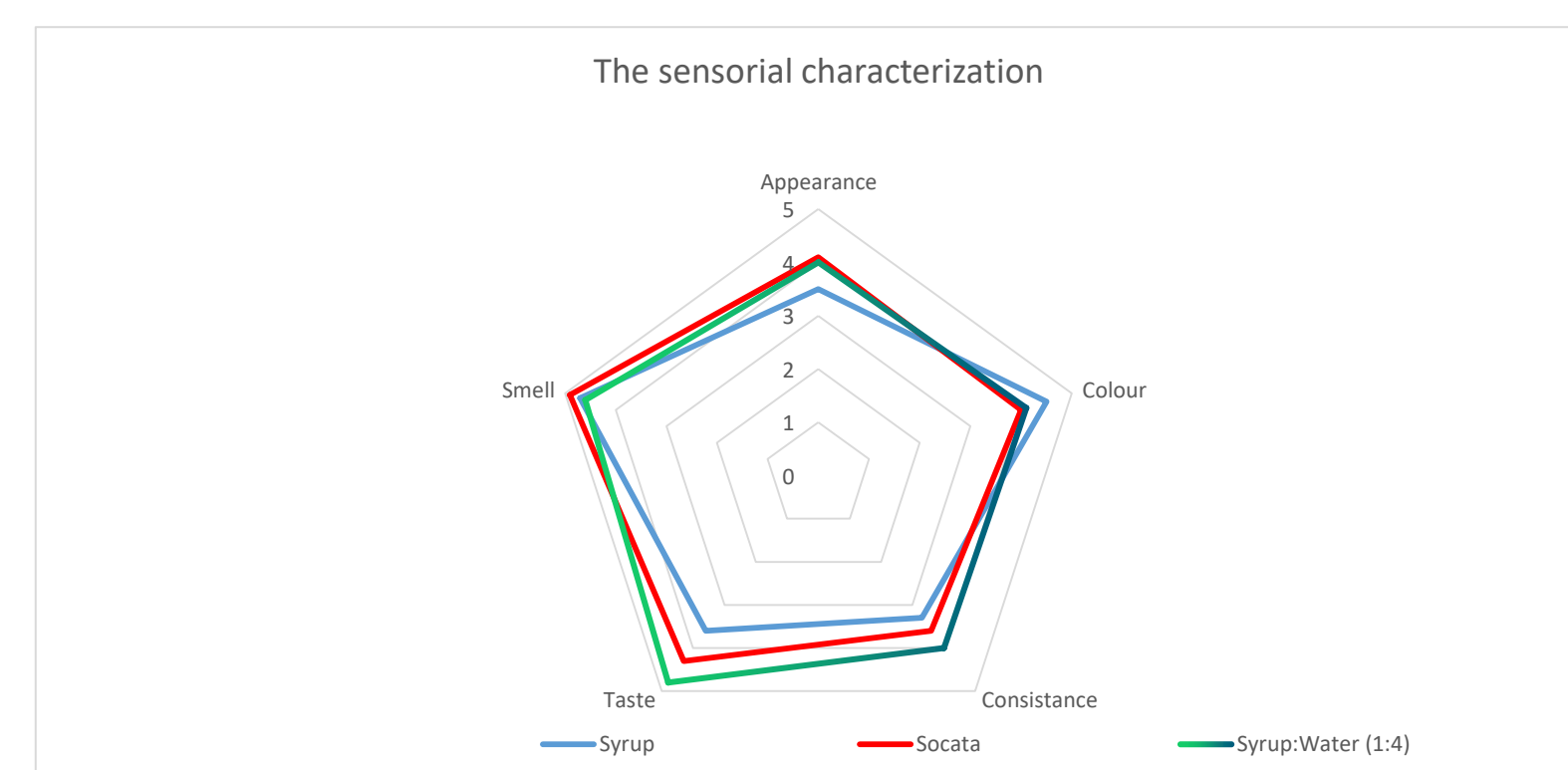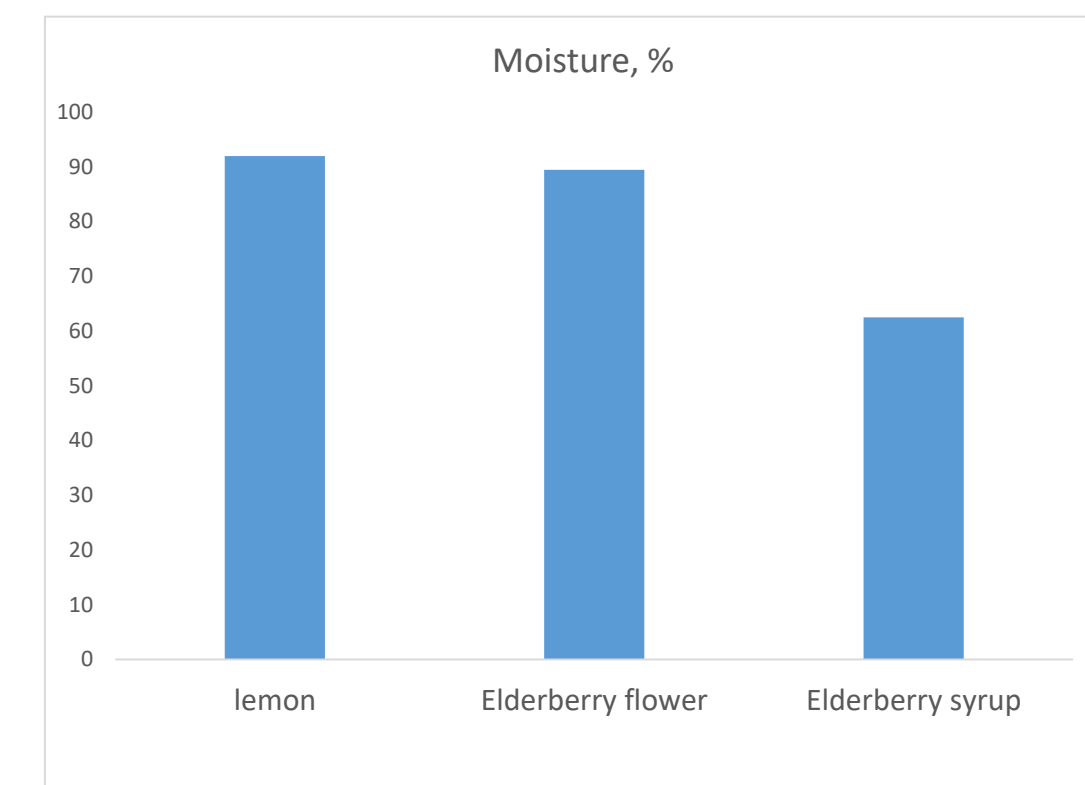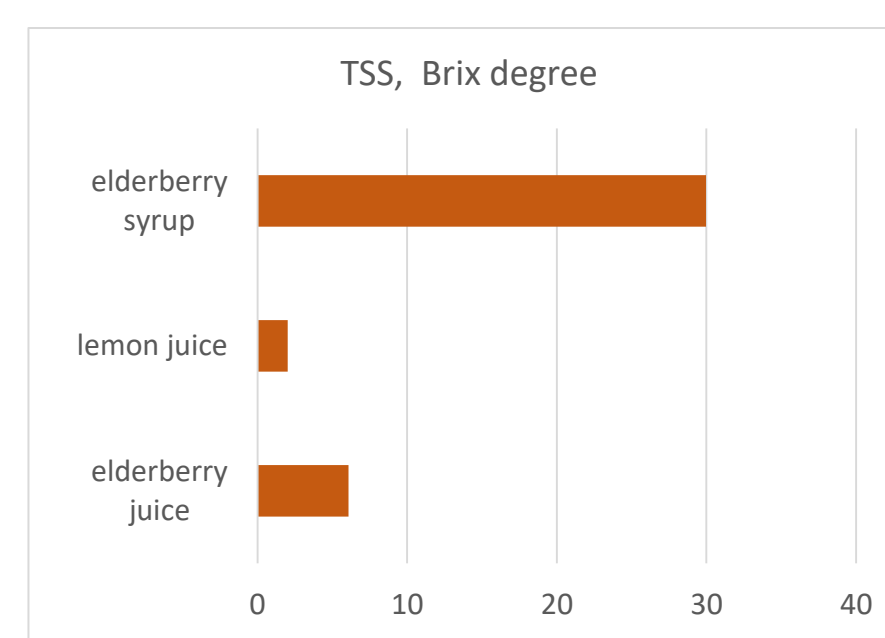**Keywords**: syrup, the sweetness, elderflowers, polyphenols

TEHNOLOGICAL SCHEME FOR OBTAINIG SYRUP OF ELFERFLOWERS

• Material and method

• Results

TSS, Brix degree

Moisture, %

The sensorial characterization

• Conclusions

• *Syrups are used in natural, alternative therapy, in gemotherapy they have beneficial effects on both health and nutrition.* => *The products prepared from plants must be seen in a double quality, that of medicine-food.*

• *This type of preparation (syrup) also has a disadvantage, diabetics cannot use it. In the future, a solution must be found in this regard as well.*