

EFFECTS OF THREE RIPENING METHODS ON THE PROXIMATE AND MINERAL COMPOSITION OF PLANTAIN(*Musa paradisiaca*) FRUITS

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ABSTRACT

Ripening of fruit is a natural process in which the fruits go through various physical and chemical changes and gradually become sweet, colored, soft and palatable. This study was carried out to examine the effects of three ripening process which include calcium carbide, wood ash and ripening in the dark on plantain fruit. Freshly harvested green matured plantain bunch were used for the determination of proximate analysis and mineral content [iron(Fe); potassium(K); zinc(Zn), and calcium (Ca)]. Calcium carbide samples had the highest Fe, K and Ca (3.05 mg/100g, 50.0 mg/100g and 3.48 mg/100g) respectively, and also the least content of protein, ash, fibre and fat (3.90%, 1.53%, 0.18% and 0.43%) respectively and significantly different when compared to other ripening methods.

Keywords: Plantain, ripening, proximate, calcium carbide.