Caracterización fisicoquímica y contenido antioxidante de frutas de Physalis [

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text (article)

Analítica

Physalis berries, from the Solanaceae family, have achieved wide acceptance worldwide due to the flavor of the fruit and its possible medicinal use. This study aimed to evaluate the antioxidant activity, the concentrations of vitamin C, phenolic compounds and sugars of fruits of two species of Physalis (Physalis pubescensL. and Physalis peruvianaL.), as well as their variations during storage at two different temperatures.The Physalis was planted in the west of Santa Catarina. The fruits were harvested when the capsules were pale yellow in color and then divided into three groups: fresh, chilled, and frozen. The pH, total soluble solid, total soluble sugars, phenolic compounds, vitamin C and antioxidant activity were evaluated. The fresh fruits of both species presented better results for most of the parameters analyzed compared to the refrigerated and frozen fruits. Antioxidant activity was higher in fresh fruits for the two Physalis species, experiencing a decrease when conditioned at low temperatures. The antioxidant benefits and nutraceutical compounds are best exploited when the fruits are consumed fresh without any storage process at low temperatures
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