

EVALUATION OF NUTRITIONAL AND SENSORY QUALITIES OF CAKE INCORPERATED WITH RED RICE FLOUR

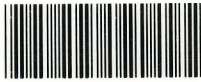
By

A.M.T.M.Adikari
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Department of Biosystems Technology
Faculty of Technology
Eastern University, Sri Lanka
Chenkalady
2025



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Approved by

Prof. Prasanna Gunathilaka
External Supervisor
Department of Food Science and Technology
Faculty of Fisheries and Science
Wayamba University, Sri Lanka

(2025/05/07)

Mr. Saman Kulatilaka
External Co- supervisor
Production manager
Little Lion Associates Pvt Ltd

(2025/05/02)

Miss. P. Hisanithy
Internal Co - Supervisor
Department of Bio System Technology
Faculty of Technology
Eastern University, Sri Lanka

08.05.2025

HEAD

Head
Dept of Biosystems Technology
Faculty of Technology, EUSL
Department of Biosystem Technology
Faculty of Technology
Eastern University Sri Lanka

23/05/2025

ABSTRACT

The need for gluten free bakery items has driven the exploration of other flours to improve the nutritional and sensory properties of cakes. This study aimed to develop and optimize a gluten free cake from various ratios of red rice flour and wheat flour and to examine its nutritional content, texture, and sensory characteristics. Five formulations ranging from 100% wheat flour to 100% red rice flour were explored. The results indicated that the increase in red rice flour percentage significantly enhanced the fiber, protein, and mineral content and reduced the carbohydrate content relative to the control sample (100% wheat flour). Texture profile analysis indicated that higher levels of red rice flour incorporation resulted in denser cakes with greater firmness. Sensory evaluation indicated that the 50% wheat flour – 50% red rice flour blend contained the best balance of flavor, texture, and consumer acceptability. This study highlights the potential of red rice flour as a nutritious gluten free ingredient for cake production with added nutritional benefits without compromising sensory properties. The findings are useful to the development of healthier bakery foods. It is responding to the needs of gluten intolerant consumers and health-conscious consumers.

Keywords: Gluten free cake, Nutritional profile, Red rice flour, Sensory evaluation, Texture analysis, Wheat flour

TABLE OF CONTENT

DECLARATION.....	iii
DEDICATION	iv
ACKNOWLEDGMENT.....	v
ABSTRACT.....	vi
INTRODUCTION.....	1
CHAPTER 02	4
LITERATURE REVIEW.....	4
2.1. Cakes.....	4
2.2. History of Cake	4
2.3. Effect of Globalization in Cake Recipes	5
2.4. Different Techniques Used in Cake Preparation.....	6
2.5. Cultural Significance of Cake	7
2.6. Regional Variations.....	8
2.7. The Gluten.....	9
2.8. Gluten Free Baking	12
2.9. Red Rice Flour	14
2.10. Nutritional Evaluation of Gluten Free Cakes.....	16
2.11. Sensory Properties of Gluten free Cakes.....	18
2.13. Methodologies Applied in Gluten Free Cake Development	23
2.14. Industrial Applications of Gluten free Baking Research	24
MATERIALS & METHODS.....	26
3.1 Location and Time Duration	26
3.2 Experimental Design.....	26

3.3 Materials and Equipment	26
3.4 Methodology	28
CHAPTER 4	43
RESULTS AND DISCUSSION.....	43
4.1 Proximate Composition of Cakes Incorporating Red Rice Flour	43
4.2. Physicochemical Properties of Cake Formulations.....	48
4.3. Sensory Evaluation.....	51
4.4. Microbial Analysis	54
CHAPTER 5	55
CONCLUSION.....	55
REFERENCES	57