**Evaluation of Bread Made with Carob Flour by Sensory Analysis**

**Eda Parlak1, Uğurcan Metin2**

**1Toros University, Faculty of Health Sciences, Nutrition and Dietetics Department, Mersin, Turkey**

**2 Toros University, Vocational School Culinary Program, Akdeniz, 33140 Mersin, Turkey**

**Aims and objectives:** Carob is grown in our country, in regions with a Mediterranean climate. Carob flour is known to reduce cholesterol thanks to the soluble fibers in it. In this study, it was aimed to compare bread made with carob flour to bread made with whole wheat flour in terms of both nutritional content and sensory properties and to recommend it as an alternative bread type for heart patients.

**Material and methods:** 33 individuals aged 19 and over participated in the study as panelists. A sensory analysis questionnaire was applied by producing bread prepared with carob flour and standard bread prepared with whole wheat flour. Nutritional value analysis of breads were made using BEBİS 8 program. Statistical data of the study were analyzed using SPSS 22 program.

**Results**: In the study, 51.5% of the participants are women (17 people), 48.5% are men (16 people). The age range of 20-29 constituted the majority of the participants in the study. When the sensory analysis of breads are compared; while the symmetry, volume, inner color, crust color, pore structure and smell categories of bread are similar; The results of the carob flour bread were superior to the whole wheat bread in terms of taste, aroma and hardness of the bread. In general evaluation; both types of bread are very popular. When looking at the results of energy and nutrients per 100 grams of breads; while energy (140 kcal) and carbohydrate values ​​(24.7 g) of carob bread were lower than whole wheat bread (respectively: 157 kcal, 28.5 g); Fiber (9.5 g) and calcium values ​​(62 mg) were found higher than whole wheat bread (5 g, 16.2 mg, respectively).

**Conclusion:** As a result of the sensory analysis, the bread made with carob flour is superior in terms of flavor and aroma compared to the bread we made with whole wheat flour, its fiber and calcium content is higher, its energy value is lower. It is thought that the consumption of carob flour bread instead of whole wheat bread can be recommended for heart patients.

**Key words:** Carob flour, bread, heart disease, sensory analysis

**Server’s mail address:** eda.parlak@toros.edu.tr

**Server’s phone number:** +905333105060