

한국 전통 한 그릇 음식(비빔밥) 및 그 재료들의 DPPH 수소공여능과 아질산염 소거능

구 성 자 · 조 연 옥

경희대학교 식품영양학과

Abstract

Electron donating ability by DPPH and nitrite scavenge were measured in ethanol extracts from raw, simple cooked and seasoned materials of Bibimbab(mixed rice), Korean traditional one-dish meal. Ethanol extracts of raw frugrantedible wild aster showed the highest electron donating abilities(80.28%) by DPPH. When its seasoned materials were compared with raw and simple cooked materials, it showed the highest electron donating abilities by DPPH. The result was showed in sequence of frugrantedible wild aster, fornbraber, shiitake mushroom, carrot, roots of ballonflower and squash. When Bibimbab was compared with Kimbab and hamburger that is popular food, it showed the highest antioxidative activty by DPPH. Nitrite scavenge was measured in the environment that is similar to human digestive organ, pH 1.2~6.0. The result of pH 1.2 showed the highest nitrite scavenging ability in ethanol extract of frugrantedible wild aster. pH 6.0 was also similar to pH 1.2. When Bibimbab was compared with Kimbab and hamburger, it showed the highest nitrite scavenging ability in pH 1.2 and pH 6.0.