

## EVALUATION OF PHYSICO-CHEMICAL PARAMETERS OF FRESH PASTA PREPARED WITH DIFFERENT RECIPES

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### Abstract

Fresh pasta is a portion of incredibly delicious and nutritious food that can be cooked very fast and gives us an excellent meal to enjoy. There are a lot of varieties of different ingredients in fresh pasta and the purpose of this study is to evaluate physicochemical parameters in fresh pasta packaged in a modified atmosphere.

Nine commercial types of fresh pasta were purchased at different points of sale, dividing them into three different categories: simple, pasta with eggs and pasta with filling. The physical parameters measured in the samples were: water activity and moisture. The chemical parameters measured were: ash, protein and fat, which are responsible for the quality of the pasta and the nutritional value. All the measurements were made according to the: AACC 44-15A, AOAC 930.25, AACC 08-01, AACC 30-20, and AOAC 978.18 standard method for: moisture, protein, ash, fat and water activity determination respectively.

All the data that we evaluate showed that they were according to the label and also found that the water activity ranges from 0.95 - 0.97 in simple fresh pasta, from 0.95 - 0.96 in fresh pasta with eggs and 0.92 - 0.93 in fresh filled pasta. The moisture was found to be from 30 - 32.8% in fresh pasta, from 27.33 - 29.56 % in fresh pasta with eggs and 26.28 - 30.26% in filled fresh pasta. The ash was found to be higher in the filled pasta (2.98%) compared with the other samples. The level of protein was found higher in the fresh pasta with eggs, in comparison with the other samples where the protein varies from 16% in the simple pasta to 15.66% in the filled fresh pasta. The fat level was found to be higher in the filled pasta with 11% in comparison with the other samples where the values range from 2 - 2.3 % in pasta with eggs to 0.8 - 1.2% in simple pasta.

We recommend that additional measures should be done to evaluate the food safety, because of the high level of water activity found in fresh pasta.

**Key words:** Fresh pasta, Eggs, Filled pasta, Nutritional value, Protein, Fat.