

## Original Research Article

# A comparative assessment of quality features and Physicochemical Characteristics of Rice Bran Supplemented Bread with Locally Available Bread

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### ABSTRACT

**Aims:** Qualitative assessment of rice bran supplemented bread with locally available bread.

**Study design:** The study was designed to identify good quality bread between rice bran supplemented bread and locally available breads.

**Place and Duration of Study:** Sample: Five different varieties of rice brans (BR-5, BR-10, BRRI-28, BRRI-39, and Kalijira) were collected from Noor-Habib Grain Industries Ltd Sopura, Rajshahi, Janata Auto Rice and Flour Mills Ltd, Bogura, North Bengal Auto Rice Mills, Naogan, Biswas Rice Mills, Natore, and Chaudhuri Auto Rice Mills Dinajpur respectively. The research was carried out at Natural Products Research Division, Bangladesh Council of Scientific and Industrial Research (BCSIR) Laboratories, Rajshahi, Bangladesh.

**Methodology:** A comparative analysis of prepared rice bran supplemented bread and locally available bread has been done for the parameters such as moisture, ash, Fiber, Fat, protein, carbohydrate, total sugar, saponification value, FFAs and iodine value were observed.

**Results:** The prepared rice bran bread contained wheat flour and five different varieties of rice bran named BR-5, BR-10, BRRI-28, BRRI-39 and kalijira. The physicochemical characteristics of prepared rice bran supplemented bread such as moisture, ash, Fiber, Fat, protein, carbohydrate, total sugar, saponification value, FFA and iodine value were varied from 26.02-28.12 %, 2.17-2.77%, 1.54-1.96%, 6.95-8.04%, 6.64-7.25%, 44.04-46.27%, 5.60-6.80%, 150.00-166.00 mg KOH/g, fat 1.16-1.51 mg KOH/g, fat 92.14-100.15 g I<sub>2</sub>/100g fat respectively. On the other hand, physicochemical characteristics of locally available bread like moisture, ash, Fiber, Fat, protein, carbohydrate, total sugar, saponification value, FFA and iodine value were found to be ranged from 31.14-32.95%, 2.70-2.93%, 2.04-2.61%, 7.91-8.12%, 5.49-6.21%, 39.98-41.42%, 7.13-8.61%, 138.00-149.15 mg KOH/g fat, 1.63-1.86 mg KOH/g fat, 57.40-71.00 g I<sub>2</sub>/100g fat respectively.

**Conclusion:** It may be concluded that prepared rice bran supplemented bread might be considered superior quality than the locally available bread.

*Keywords: Rice bran supplemented bread, aleurone layer, tocoferol, nutritional effect solubility, denature, free fatty acid, iodine value.*

## **1. INTRODUCTION**

Rice bran, a by-product of rice milling, is a rich source of oil [1], protein [2], minerals [3], and vitamins [4] and includes seed coat, aleurone layer germ and some portion of subaleurone layer of the starchy endosperm [5]. Rice bran accounts for 6% to 8.5% by weight of the rough rice depending upon the paddy variety and area of cultivation [6]. Crude rice bran oil contains 2-4% tocoferol, which has nutritional effect [7]. In Bangladesh the diet of the masses consists largely of polished rice obtained from the automatic rice mills and is more or less deficient in fat, protein, minerals and vitamins. Bangladesh occupies important position on the rice growing countries in the world. A wide variety of rice are extensively cultivated in Bangladesh with an annual production of 28 million tons [8]. Rice bran contains vitaminB<sub>1</sub> and vitaminA, which prevents beriberi and eye afflictions respectively [9]. If lipase activity is not controlled it will produce a high FFA which is not fit for human consumption [10]. Therefore, in the present study five new varieties of rice bran have been selected at different ratio for comparing their nutritional characteristics of prepared supplemented rice bran bread with market bread.

## **2. MATERIAL AND METHODS**

The experiment was conducted in Natural Products Research Division, Bangladesh Council of Scientific and Industrial Research (BCSIR) Laboratories Rajshahi, Bangladesh. Five different varieties of rice brans (BR-5, BR-10, BRRI-28, BRRI-39, and Kalijira) were collected from Noor-Habib Grain Industries Ltd Sopura, Rajshahi, Janata Auto Rice and Flour Mills Ltd, Bogura, North Bengal Auto Rice Mills, Naogan, Biswas Rice Mills, Natore, and Chaudhuri Auto Rice Mills Dinajpur respectively. The bran samples contain some undesirable particle such as hull, broken rice and other foreign matters. So the bran samples were sieved through 30 mesh to separate the coarse and foreign particles and used immediately taken to the laboratory in fresh condition. The physico-chemical characteristics such as moisture [11], Ash [12], Protein [2], Fibre and carbohydrate [13], FFA and saponification value [14,15 ] and iodine value were determined by Hanus methods [16]. All the chemicals used in this study were of analytical grade. Ethanol, n-Hexane, methanol, chloroform, petroleum ether, and ethyl acetate were purchased from Merck Germany, BDH England, and Sigma USA. Before use, all the solvents were further purified by distillation.

### **2.1 Preparation of bread using different varieties of rice bran and wheat flour**

Wheat flour (85-95%) and (5-15%) of properly sieved fresh rice bran flour were, mixed with required amount of water, vegetable fat, sugar, yeast, milk powder, salt etc. The whole mass was kept undisturbed for 3-4 hours. Then it was needed for proper mixing. Weighed amount of kneaded mass (properly mixed mass) was taken in a dice of desired size. The dice along with the mass was baked in the baking oven for the production of final product (bread).

### **2.2 Solubility of proteins in aqueous solution and different solvents**

The solubility of protein of prepared rice bran breads was followed as reported by method [17]. The sample (5g) was mixed separately in a container containing 200ml distilled water. The mixture was stirred for 20 minutes at room temperature and then centrifuged at 2000g for 10 minutes. The clear extract was filtered and the residue was extracted with two portion of 50 ml distilled water for 20 minutes. These extracts were combined and the total protein content was determined using the method of [2]. The residue left removal of water soluble materials specially protein was extracted in the same way using three portions of 2% NaCl solution. After this extraction the residue was extracted for 20 minutes with 80% alcohol at

70°C. Finally the residue was suspended in three successive portions of 0.25% NaOH solution and stirred for 20 minutes. The above protein content of extracted solution in each of the solvent was determined by the Lowry method.

### 3. RESULTS AND DISCUSSION

From the results shown in table 1 and 2, the moisture, ash and fiber content of the prepared rice bran breads were found to be varied from 26.08-28.35%, 2.17-2.83% and 1.54-1.96% while that of locally available breads were found to be ranged 31.14-32.95%, 2.70-2.93% and 2.04-2.61% respectively. It is important to note that the locally available breads contained slightly higher percentage of moisture, ash and fiber than the prepared rice bran breads. It can also be observed from comparison of the major nutrient contents of prepared rice bran bread and locally available market bread that the prepared rice bran breads contained higher percentage of carbohydrate and protein while the locally available bread in the market contained slightly higher amount of fat and total sugar.

**Table 1. Analysis of nutrient compositions of prepared bread (supplemented of different varieties of rice bran with wheat flour), (g/ 100g).**

Wheat flour and bran ratio (w/w)		Moisture	Ash	Fiber	Fat	Protein	Carbohydrate	Total sugar	Reducing sugar
<b>BR-5</b>	95% + 5%	28.06	2.56	1.66	7.01	6.64	44.04	6.40	0.56
	90% + 10%	27.15	2.64	1.88	7.34	6.73	44.49	6.21	0.48
	85% + 15%	27.05	2.72	1.96	7.51	6.82	44.81	6.08	0.63
<b>BR-10</b>	95% + 5%	28.35	2.67	1.59	7.49	6.70	45.21	6.59	0.61
	90% + 10%	27.45	2.77	1.64	7.72	6.81	45.35	6.48	0.73
	85% + 15%	27.09	2.83	1.70	7.81	6.88	45.84	6.35	0.80
<b>IRRI-28</b>	95% + 5%	27.28	2.30	1.54	7.86	7.09	45.63	6.04	0.69
	90% + 10%	27.03	2.41	1.61	7.91	7.18	46.01	5.85	0.75
	85% + 15%	26.45	2.49	1.76	8.04	7.25	46.27	5.60	0.84
<b>BRR-39</b>	95% + 5%	28.12	2.45	1.78	6.95	6.84	44.39	6.51	0.55
	90% + 10%	27.07	2.61	1.80	7.01	6.88	45.18	6.40	0.69
	85% + 15%	26.95	2.70	1.85	7.25	6.93	45.38	6.12	0.73
<b>Kalijira</b>	95% + 5%	26.42	2.17	1.96	7.12	7.03	43.18	6.80	0.64
	90% + 10%	26.11	2.31	1.90	7.41	7.17	44.25	6.71	0.69
	85% + 15%	26.02	2.40	1.95	7.59	7.20	44.49	6.54	0.78

**Table 2. Analysis of nutrient compositions of locally available market breads (g/100 g).**

Name of the local company	Moisture	Ash	Fiber	Fat	Protein	Carbohydrate	Total sugar	Reducing sugar
Kundo Bread & Co, Rajshahi	31.14	2.70	2.04	8.12	6.21	41.42	7.13	0.78
Moshen Bread & Co, Rajshahi	32.06	2.81	2.61	7.91	5.49	40.75	8.25	0.95
Nowhata Bread & Co, Rajshahi	32.95	2.93	2.32	8.04	6.00	39.98	8.61	0.75

**Table 3. Solubility of protein in prepared rice bran bread (wheat flour and rice bran) in different solvents (g /100g).**

Wheat flour and bran ratio (w/w)	Total protein %	water soluble protein %	water in soluble protein % in different solvents			Total (water soluble + water in soluble)	% of protein denatured	
			2% NaCl	80% Alcohol	0.25% NaOH			
BR-5	95% + 5%	6.40	0.81	0.98	0.21	1.02	3.02	47
	90% + 10%	6.21	0.96	1.00	0.30	1.14	3.40	55
	85% + 15%	6.08	0.99	1.06	0.41	1.26	3.72	61
BR-10	95% + 5%	6.59	0.75	1.09	0.31	1.31	3.46	52
	90% + 10%	6.48	0.80	1.21	0.42	1.42	3.85	59
	85% + 15%	6.35	0.83	1.30	0.50	1.56	4.19	66
IRRI-28	95% + 5%	6.80	0.71	0.61	0.21	0.89	2.42	35
	90% + 10%	6.71	0.83	0.74	0.31	0.96	2.84	42
	85% + 15%	6.54	0.62	0.89	0.46	1.10	3.07	47
BRR-39	95% + 5%	6.51	0.70	1.10	0.08	1.12	3.00	46
	90% + 10%	6.40	0.75	1.24	0.12	1.36	3.47	54
	85% + 15%	6.12	0.84	1.38	0.15	1.44	3.81	62
Kalijira	95% + 5%	6.04	0.63	0.94	0.12	0.99	2.68	47
	90% + 10%	5.85	0.72	0.99	0.19	1.24	3.14	54
	85% + 15%	5.60	0.89	1.11	0.28	1.36	3.64	65

**Table 4. Solubility of protein in locally available market bread in different solvents (g/100 g).**

Name of local company	Total protein %	water soluble protein %	water in soluble protein % in different solvents			Total (water soluble + water in soluble)	% of protein denatured
			2% NaCl	80% Alcohol	0.25% NaOH		
Kundo Bread & Co, Rajshahi	4.51	1.15	0.86	0.25	1.86	4.12	91
Moshen Bread & Co, Rajshahi	3.65	0.98	1.08	0.31	1.54	3.91	84
Nowhata Bread & Co, Rajshahi	4.51	0.65	0.79	0.41	1.75	3.60	79

**Table 5. Quality of fat in prepared rice bran supplemented bread, (g/ 100g).**

Wheat flour and bran ratio (w/w)		Saponification value	FFA	Iodine value
BR-5	95% + 5%	159.00	1.26	92.14
	90% + 10%	155.00	1.35	93.00
	85% + 15%	150.18	1.40	93.91
BR-10	95% + 5%	166.00	1.16	94.00
	90% + 10%	161.17	1.42	94.90
	85% + 15%	156.00	1.45	96.00
IRRI-28	95% + 5%	160.00	1.31	95.00
	90% + 10%	155.17	1.43	97.00
	85% + 15%	150.00	1.49	99.15
BRRI-39	95% + 5%	166.00	1.21	93.00
	90% + 10%	160.12	1.29	95.13
	85% + 15%	155.27	1.35	97.00
Kalijira	95% + 5%	169.00	1.32	98.00
	90% + 10%	165.00	1.40	99.13
	85% + 15%	163.00	1.51	100.15

**Table 6. Quality of fat in locally available market bread.**

Name of the local company	Saponification value	FFA	Iodine value
Kundo Bread & Co, Rajshahi	142.16	1.63	71.00
Moshen Bread & Co, Rajshahi	1.38.00	1.71	63.06
Nowhata Bread & Co, Rajshahi	149.15	1.86	57.40

#### 4. CONCLUSION

This study may concluded that the prepared supplemented rice bran breads contained higher percentage of carbohydrates and proteins than locally available bread. The denaturation of protein and % of FFA in market bread was high compared to the prepared rice bran bread. So on the nutritional point of view, prepared rice bran bread might be considered superior than the locally available bread.

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