

ANTIOXIDANT PROPERTIES OF DIFFERENT APPLE CULTIVARS

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Dietary antioxidants can be an important part of the healthy diet. Polyphenols from the commonly consumed apple can be possible sources of intake these phytochemicals. In our study the antioxidant properties of six apple cultivars harvested at commercial maturity, were examined. Flesh and skin were separated and total phenolics by the Folin-Ciocalteu assay, ferric reducing antioxidant power (FRAP) and radical scavenging activities using DPPH method were determined for each. For all apples polyphenol content and antioxidant activity of the skin was significantly higher than the flesh. Regarding the cultivars there was an obvious difference between the antioxidant activities of the examined apples. The green variety Granny Smith showed the best results followed by the red-skin apples while yellow-skin apples had the lowest activity.