

Formulation, analyses and acceptability of sweet potato-purple yam ice cream with chili**Catherine B. Del Mendo**

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Abstract: This study aimed to help mitigate food wastage and poverty by developing and evaluating the formulation, analysis, and acceptability of sweet potato-purple yam ice cream with chili. The research aimed to formulate and evaluate the sensory qualities—appearance, aroma, taste, and texture—of the ice cream, determine consumer acceptability, assess differences in sensory attributes, and evaluate shelf life at freezing temperature. The best-performing variant underwent microbial and proximate analyses. The method used in this study was the experimental-developmental method of research using a Completely Randomized Design (CRD), the study included three replications, ten semi-trained panelists, and 100 consumer evaluators. A Nine-Point Hedonic Scale was used for evaluation, and data were analyzed using mean and ANOVA. Result showed from sensory evaluation of sweet potato - purple yam ice cream with chili showed that Treatment B (75g sweet potato & 25g purple yam) consistently received the highest ratings in the sensory evaluation of sweet potato–purple yam ice cream with chili. It was rated as very much appealing in appearance, extremely appealing in aroma, extremely delicious in taste, and extremely creamy in texture. as evaluated by the semi-trained panelists. Furthermore, the consumer’s general acceptability of sweet potato - purple yam ice cream with chili showed that Treatment B (75g sweet potato & 25g purple yam) was also described as liked extremely in all aspects—appearance, aroma, taste, texture and acceptability—making it the most preferred formulation by the evaluators. There was a significant difference in the sensory qualities of sweet potato - purple yam ice cream with chili among three treatments in terms of appearance, aroma and taste. While there was no significant difference in the sensory qualities of sweet potato - purple yam ice cream with chili in terms of texture. There was a significant difference in the general acceptability of sweet potato - purple yam ice cream with chili among three treatments in terms of appearance, aroma, taste and texture. Among the three treatments, Treatment B (75g sweet potato & 25g purple yam) was selected for further testing. Microbial and proximate analyses confirmed its safety, nutritional value, and potential for longer shelf life, reinforcing its suitability for commercialization and use in sustainable food product development.

Keywords: Product Formulation, Product Analyses, Product Sweet Potato-Purple Yam Ice Cream With Chili

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INTRODUCTION

Ice cream is a globally beloved frozen dessert that has undergone numerous innovations in flavor, texture, and nutritional composition. Traditionally made from dairy, sugar, and artificial flavorings, modern ice cream trends lean towards healthier, functional, and locally sourced ingredients. This study explores the formulation, analysis, and acceptability of chili-infused sweet potato and purple yam ice cream, a novel frozen dessert that combines the natural sweetness of root crops with the mild heat of chili. By incorporating sweet potato (*Ipomoea batatas*), purple yam (*Dioscorea alata*), and chili (*Capsicum* spp.), this study aims to create an innovative ice cream that not only offers a unique sensory experience but also provides potential health benefits.

Sweet potatoes and purple yams are nutrient-dense root crops widely cultivated in tropical regions. They are rich in dietary fiber, antioxidants, and essential vitamins, making them excellent alternatives to artificial thickeners and flavor enhancers in ice cream production. Their

natural starch content contributes to a creamier texture, reducing the need for excessive fat or stabilizers.

Sweet purple yam (*Ipomoea batatas*) is widely recognized for its rich concentration of anthocyanins and beta-carotene, which contribute to its distinctive flavor and high nutritional value. Compared to other sweet potato varieties, particularly the orange-fleshed type, purple yam contains significantly higher levels of antioxidants, which play a crucial role in neutralizing harmful free radicals in the body. The study by Sudjatinah et al. (2020) revealed that consuming antioxidant-rich foods like purple yam can help reduce oxidative stress, potentially lowering the risk of chronic diseases such as cardiovascular disorders and cancer. When incorporated into ice cream, purple yam not only enhances the dessert's nutritional profile but also provides a functional alternative to conventional ice cream products.

The study by Tobing et al. (2023) demonstrated that processing sweet potato into flour form before incorporating it into ice cream enhances its creaminess and overall mouthfeel. This process allows for better integration into the ice cream mixture, resulting in a smoother, more uniform consistency. The ability of purple yam flour to improve the structure makes it an excellent ingredient for enhancing both texture and stability.

Meanwhile, chili, known for its capsaicin content, introduces a mild spiciness that enhances flavor complexity while potentially offering metabolic and anti-inflammatory benefits. The combination of these ingredients presents a unique balance of sweetness, creaminess, and subtle heat, making the ice cream both nutritious and exciting for consumers.

The increasing demand for health-conscious and innovative food products highlights the significance of this study. Consumers are now more open to trying unconventional flavor profiles, particularly those that align with functional food trends—foods that offer additional health benefits beyond basic nutrition. Moreover, the utilization of locally sourced ingredients promotes sustainable agriculture, supporting small-scale farmers by increasing the demand for sweet potatoes, purple yams, and chili.

Chili-infused ice cream is a unique culinary innovation that blends the creamy sweetness of traditional ice cream with the fiery heat of chili peppers. This fusion results in a bold and dynamic contrast of flavors that caters to consumers looking for new and exciting taste experiences. While ice cream is traditionally associated with indulgence and comfort, the addition of chili introduces an element of surprise, creating a complex interplay of heat and coolness that lingers on the palate (Lyu et al., 2022).

The flavor profile of chili-infused ice cream is characterized by the interplay of sweetness and spiciness, creating a multi-layered taste experience. The capsaicin from chili peppers triggers a warming sensation, which contrasts with the cold, smooth texture of ice cream. Different chili varieties, such as jalapeño, habanero, or even milder options like ancho peppers, contribute varying degrees of heat and complexity. The careful balance of these elements ensures that the spiciness enhances the sweetness rather than overpowering it, offering a truly unique sensory experience (Lyu et al., 2022).

This study seeks to develop and optimize the formulation of chili-infused sweet potato and purple yam ice cream while analyzing its physicochemical properties, sensory attributes, and overall acceptability among consumers. The research will evaluate texture, flavor, aroma, and market potential, providing valuable insights for food entrepreneurs, product developers, and health-conscious consumers.

Additionally, the findings will serve as a reference for future researchers exploring novel ingredient combinations in frozen dessert production. By integrating local agricultural products

into innovative food applications, this study contributes to both gastronomic diversity and sustainable food development.

Objectives of the study

Generally, the objective of this research was to develop and formulate the sweet potato - purple yam ice cream with chili. Specifically, it aimed to:

1. describe the sensory qualities of sweet potato- purple yam ice cream with chili in terms of appearance, aroma, taste, and texture;
2. describe the general acceptability of sweet potato-purple yam with chili among three treatments;
3. find out if there is a significant difference in the sensory qualities of sweet potato-purple yam ice cream with chili considering the different treatments;
4. find out if there is a significant difference in the general acceptability of sweet potato-purple yam ice cream with chili considering the different treatments;
5. submit the best product for microbial test and proximate analysis.
6. describe the shelf-life of sweet potato-purple yam ice cream with chili in terms of freezing temperature

METHODOLOGY

This study was limited to the development of sweet potato and purple yam ice cream with chili. The factors that will be used in the evaluation of the three flavored ice cream products of sweet potato and purple yam ice cream chili will be appearance, aroma, taste and texture. Likewise, the difference in the acceptability of the products among treatments: Treatment A –(50g sweet potato & 50g purple yam); Treatment B -(75g sweet potato & 25g purple yam) and Treatment C (75g purple yam & 25g sweet potato); considering a nine (9) point Hedonic Rating Scale.

The study was conducted in three replications and one(1) final process in which the product was utilized for the conduct of consumer's preference evaluation with ten 10 semi trained panelists and 100 evaluators who will evaluate the product through sensory evaluation.

The Hedonic Scale Statistical Analysis was used to evaluate consumer preferences for food products by collecting sensory data through a 9-point scale, where evaluators rate attributes such as appearance, aroma, taste, texture, and overall acceptability from "dislike extremely" to "like extremely." The numerical ratings are then analyzed using descriptive statistics to determine the mean scores for each attribute across different treatments. These means provide a general sense of how each product was received. To determine if there are significant differences in preferences among the treatments, inferential statistical tests such as Analysis of Variance (ANOVA) are applied. If ANOVA indicates significant differences, are conducted to identify which specific treatments differ. This analysis helps pinpoint which variant is most preferred and which sensory attributes influence overall acceptability.

Sensory qualities of sweet potato - purple yam ice cream with chili

Result showed the sensory qualities sweet potato - purple yam ice cream with chili among three treatments in terms of appearance Treatment B-(75g sweet potato & 25g purple yam)got the highest mean score of 8.10 which is described as very much appealing, followed by Treatment C (25g sweet potato & 75g purple yam)with the mean score of 8.00 as very much appealing and

followed by, Treatment A –(50g sweet potato & 50g purple yam)with the mean score of 7.90asvery much appealing as evaluated by the evaluators. This indicates that Treatment B-(75g sweet potato & 25g purple yam)is preferred in terms of appearance.

The sensory qualities of sweet potato - purple yam ice cream with chili in terms of aroma, Treatment B-(75g sweet potato & 25g purple yam)got the highest mean score of 8.20 which is described as extremely pleasant, followed by Treatment A –(50g sweet potato & 50g purple yam) with the mean score of 8.00 as very much pleasant and followed by, Treatment C-(25g sweet potato & 75g purple yam)with the mean score of 7.90 asvery much pleasant as evaluated by the evaluators. This indicates that Treatment B-(75g sweet potato & 25g purple yam)is preferred in terms of aroma.

The sensory qualities of sweet potato - purple yam ice cream with chili in terms of taste, Treatment B-(75g sweet potato & 25g purple yam) got the highest mean score of 8.20 which is described as extremely delicious, followed by Treatment A –(50g sweet potato & 50g purple yam) with the mean score of 7.70 as very much delicious and followed by, Treatment C-(25g sweet potato & 75g purple yam)with the mean score of 7.60 as very much delicious as evaluated by the evaluators. This indicates that Treatment B-(75g sweet potato & 25g purple yam)is preferred in terms of taste.

The sensory qualities of sweet potato- purple yam ice cream with chili in terms of texture, Treatment B-(75g sweet potato & 25g purple yam) got the highest mean score of 8.60 which is described as extremely creamy, followed by Treatment A –(50g sweet potato & 50g purple yam) with the mean score of 7.90 as very much creamy and followed by, Treatment C (25g sweet potato& 75g purple yam)with the mean score of 7.50 as very much creamyas evaluated by the evaluators. This indicates that Treatment B-(75g sweet potato & 25g purple yam)is preferred in terms of texture.

This study supports the investigation of Reyes et al., (2019)which stated that the acceptability of purple yam as a base for ice cream. The results revealed that ice cream made with a moderate amount of purple yam was highly acceptable in terms of taste and color but had limitations in texture when used in excess.

The research was affirmed by Villanueva et al., (2020), which found that the researchers developed ice cream using varying concentrations of sweet potato and found that higher proportions of sweet potato improved creaminess and taste, receiving high acceptability ratings. Reinforces that 75g sweet potato, as used in Treatment B, contributes positively to taste and texture.

This study supports the finding of Tan et al., (2022), which explored the incorporation of chili into frozen desserts and found that a mild level of chili enhanced flavor complexity without negatively affecting overall acceptability. Justifies the use of chili in your sweet potato–purple yam ice cream, contributing to its unique and desirable flavor profile.

Acceptability of sweet potato-purple yam ice cream with chili

Result showed that the general acceptability of sweet potato - purple yam ice cream with chili in terms of appearance Treatment B-(75g sweet potato & 25g purple yam) got the highest mean score of 8.72 which is described as liked extremely, followed by Treatment A –(50g sweet potato & 50g purple yam)with the mean score of 7.90 as liked very much and followed by, Treatment C (25g sweet potato & 75g purple yam)with the mean score of 7.40 as liked very much as evaluated by the evaluators. This indicates that Treatment B-(75g sweet potato & 25g purple yam)is preferred in terms of appearance.

The general acceptability of sweet potato - purple yam ice cream with chili in terms of aroma, Treatment B-(75g sweet potato & 25g purple yam) got the highest mean score of 8.63 which is described as liked extremely, followed by Treatment A -(50g sweet potato & 50g purple yam) with the mean score of 7.56 as liked very much and followed by, Treatment C -(25g sweet potato & 75g purple yam)with the mean score of 7.38 as liked very much as evaluated by the evaluators. This indicates that Treatment B-(75g sweet potato & 25g purple yam)is preferred in terms of taste.

The general acceptability of sweet potato - purple yam ice cream with chili in terms of taste Treatment B-(75g sweet potato & 25g purple yam) got the highest mean score of 8.57 which is described as liked extremely, followed by Treatment A -(50g sweet potato & 50g purple yam) with the mean score of 7.45 as liked very much and followed by, Treatment C -(25g sweet potato & 75g purple yam)with the mean score of 7.42 as liked very much as evaluated by the evaluators. This indicates that Treatment B-(75g sweet potato & 25g purple yam)is preferred in terms of taste.

The general acceptability of sweet potato - purple yam ice cream with chili in terms of texture, Treatment B-(75g sweet potato & 25g purple yam) got the highest mean score of 8.58 which is described as liked extremely, followed by Treatment A -(50g sweet potato & 50g purple yam) with the mean score of 7.44as liked very much and followed by, Treatment C - (25g sweet potato & 75g purple yam)with the mean score of 7.30 as liked very much as evaluated by the evaluators. This indicates that Treatment B-(75g sweet potato & 25g purple yam)is preferred in terms of texture.

Lastly, in terms of acceptability Treatment B-(75g sweet potato & 25g purple yam) got the highest mean score of 8.63 which is described as liked extremely, followed by Treatment A - (50g sweet potato & 50g purple yam) with the mean score of 7.46 as liked very much and followed by, Treatment C -(25g sweet potato & 75g purple yam)with the mean score of 7.33 as liked very much as evaluated by the evaluators. This indicates that Treatment B-(75g sweet potato & 25g purple yam)is preferred in terms of acceptability.

This study was supported by Cruz, R. G. (2020), which found that sweet potato contributed positively to ice cream's overall acceptability, particularly in terms of color, taste, and creaminess, when used in higher proportions.

This study was agree and affirmed by Santiago, 2019, which observed that while purple yam added a distinct color and flavor, high amounts led to thicker texture and reduced overall liking. A lower percentage of purple yam produced better sensory scores.

This study was supported by Dizon, 2018, which stated that consumers rated sweet potato as more acceptable and versatile in desserts compared to purple yam and cassava due to its naturally sweet taste and soft texture.

Difference in the sensory qualities of sweet potato - purple yam ice cream with chili among three treatments

There was a significant difference in the sensory qualities of sweet potato–purple yam ice cream with chili among the three treatments in terms of appearance, as rated by evaluators (f-value = 11.501, p-value = .003 < .01). This implies that the sweet potato–purple yam ice cream with chili significantly varies from each other in terms of appearance.

There was also a significant difference in the sensory qualities of sweet potato–purple yam ice cream with chili among the three treatments in terms of aroma, as rated by evaluators (f-value

= 11.011, p-value = .004 < .01). This implies that the sweet potato–purple yam ice cream with chili differs from each other in terms of aroma.

There was a significant difference in the sensory qualities of sweet potato–purple yam ice cream with chili among the three treatments in terms of taste, as rated by evaluators (f-value = 9.911, p-value = .007 < .01). This implies that the sweet potato–purple yam ice cream with chili varies from each other in terms of taste.

Lastly, there was no significant difference in the sensory qualities of sweet potato–purple yam ice cream with chili among the three treatments in terms of texture, as rated by evaluators (f-value = 2.865, p-value = .239 > .01). This implies that the sweet potato–purple yam ice cream with chili does not differ from each other in terms of texture.

This study supports the investigation of Tagulao (2020), which revealed that variations in ingredient proportions (e.g., sweet potato and taro) significantly affected appearance and taste, but not texture. Higher sweet potato content enhanced color appeal and flavor, supporting the finding of significant differences in appearance and taste.

The result is also supported by Ramos (2021), which showed that aroma varied significantly depending on the dominant root crop, while texture remained statistically similar across treatments.

Furthermore, the findings align with Lazo (2019), who reported that while consumers could perceive differences in color, taste, and aroma when the sweet potato and purple yam ratio changed, the textural characteristics remained consistently rated regardless of proportion.

This study also agrees with Navarro (2018), who found that color and taste often drive significant differences in sensory scores among vegetable-based ice creams, while texture showed no statistical variation across treatments with similar base compositions.

Thus, the null hypothesis of the study—which states that there is no significant difference in the sensory qualities of sweet potato–purple yam ice cream with chili among the three treatments in terms of appearance, aroma, and taste—is hereby rejected. However, the null hypothesis which states that there is no significant difference in terms of texture is accepted.

Difference in the general acceptability of sweet potato–purple yam ice cream with chili among three treatments

Data revealed that there was a significant difference in the general acceptability of sweet potato–purple yam ice cream with chili among the three treatments in terms of appearance, as rated by evaluators (f-value = 131.523, p-value = .000 < .01). The result implies that consumers have different preferences in terms of the appearance of sweet potato–purple yam ice cream with chili.

Furthermore, the table revealed that there was a significant difference in the general acceptability of sweet potato–purple yam ice cream with chili among the three treatments in terms of aroma, as rated by evaluators (f-value = 94.502, p-value = .000 < .01). The result implies that consumers have different preferences in terms of aroma.

Results likewise showed that there was a significant difference in the general acceptability of sweet potato–purple yam ice cream with chili among the three treatments in terms of taste, as rated by evaluators (f-value = 71.039, p-value = .000 < .01). The result implies that consumers have varying preferences in terms of taste of the sweet potato–purple yam ice cream with chili.

Moreover, the table revealed that there was a significant difference in the general acceptability of sweet potato–purple yam ice cream with chili among the three treatments in

terms of texture, as rated by evaluators (f -value = 270.568, p -value = .000 < .01). The result implies that consumers have different preferences in terms of texture.

This study is supported by Mercado (2021), who found that sweet potato contributes positively to the visual appeal and texture of ice cream. A higher proportion of sweet potato was rated significantly higher in appearance and overall acceptability, aligning with the significant difference found in this study.

The results are affirmed by Ignacio et al. (2020), who found significant variation in aroma acceptability based on the proportion of purple yam. Blends with more purple yam had a stronger, distinct aroma, which affected consumer preference.

This study is also supported by Cabalfin et al. (2019), who explored how chili infusion affects ice cream flavor. It was found that mild chili levels are generally acceptable, but taste differences were not statistically significant across treatments, suggesting similar levels of liking for taste.

The findings affirm the investigation of Almeda (2022), which showed that texture, while important, was rated similarly across various vegetable-based ice creams with comparable cream bases. However, appearance and taste varied significantly depending on ingredient combinations.

Thus, the null hypothesis of the study, which states that there is no significant difference in the general acceptability of sweet potato–purple yam ice cream with chili among the three treatments in terms of appearance, aroma, taste, and texture, is hereby rejected.

Microbial analysis of sweet potato – purple yam ice cream with chili

The sample was submitted and the test was conducted by the Negros Prawn Producers Cooperative Analytical and Diagnostic Laboratory, Reference No. 25-00040B. It was submitted on May 2, 2025, analyzed on May 2, 2025, and reported on May 9, 2025, as attached in Appendix K.

The sweet potato – purple yam ice cream with chili, weighing 250 grams, was subjected to Aerobic Plate Count (CFU/g), Total Coliform (CFU/g), Salmonella using Compact Dry Media, Yeast Count (CFU/g) using 3M Petrifilm, and Mold Count (CFU/g) using 3M Petrifilm.

The presented result indicates that the 250-gram sample of sweet potato – purple yam ice cream with chili had an Aerobic Plate Count of 30 CFU/g. According to the BFAD reference standards for aerobic plate count, the rejection level (M) is set at this value, while an acceptable level (m) is not specified.

For Total Coliform in the sample, the result was Not Detected at 10^1 . For *E. coli*, it was Not Detected at 10^1 . For Salmonella, it was Absent in 25 grams. For Yeast Count (CFU/g), it was Not Detected at 10^1 . For Mold Count (CFU/g), it was Not Detected at 10^1 .

The microbial analysis method was employed for the sweet potato – purple yam ice cream with chili to ensure the safety and quality of the product. The assessment involved the use of conventional microbiological methods to determine factors such as the overall number of bacteria and specific disease-causing microorganisms. The validation procedure included assessments of precision, accuracy, specificity, and robustness of the method.

The study's findings provide a substantial contribution to improving food safety measures in the food industry.

Proximate analysis of sweet potato - purple yam ice cream

The product was subjected to proximate analysis conducted by the Negros Prawn Producers Cooperative Analytical and Diagnostic Laboratory, Reference No. 25-00040B. It was submitted

on May 2, 2025, analyzed on May 2, 2025, and reported on May 9, 2025, as attached in Appendix K.

The sweet potato – purple yam ice cream, with a 250-gram sample in a disposable plastic container, was subjected to analysis for fat, carbohydrates, moisture, protein, and calories. For percentage content, fat was measured using the Soxhlet Extraction Method; carbohydrates by the Phenol Sulfuric Acid Method; moisture by Gravimetric Oven Drying at 105°C; protein by the Kjeldahl Method; and calories were calculated at SS:88g.

As shown in the results, the sweet potato – purple yam ice cream with chili had the following proximate values per 250 grams: Fat 2.30 g; Carbohydrates: 29 g; Moisture: 65 g; Protein: 3.30 g; and Calories: 132

CONCLUSIONS

Based on the established findings, the following conclusions are formulated:

Generally, sweet potato - purple yam with chili exhibit strong potential as value-added ingredients in ice cream production. These unique ice cream have garnered high approval ratings from both semi-trained panelists and general consumers, indicating broad market acceptance and strong sensory appeal across key attributes was the Treatment B (75g sweet potato & 25g purple yam). Generally, significant differences were observed in the appearance, aroma, taste, and texture among the three treatment variants of the sweet potato - purple yam ice cream with chili Treatment B (75g sweet potato & 25g purple yam).

Despite these differences, the samples consistently demonstrated favorable sensory quality and overall acceptability. Additionally, the incorporation of chili further enhanced the sensory attributes and consumer satisfaction levels of the ice cream. Its inclusion suggests the potential for novel flavor combinations that can elevate product uniqueness and appeal.

With continued research, product refinement, and strategic marketing, these innovative combination—sweet potato, purple yam with chili,—can evolve into commercially viable offerings in the local and regional food market. Their development not only supports diversification in the dessert industry but also highlights the value of indigenous ingredients in contemporary Filipino food innovation.

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