

NUTRITIONAL VALUE OF MANSANAS AND CAMOTE IN CANDY MAKING: AN EXPERIMENTAL STUDY

ABSTRACT

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Food Science & Engineering

KEYWORDS

*candy making; nutritional
value; apple candy; camote;
mansanas; food innovation*

ARTICLE ID

AASGBCPJMRA-B47382

This study aims to develop a nutritious candy using mansanas (apples) and camote (sweet potatoes) as natural and healthier alternatives to traditional candy ingredients. The research emphasizes the nutritional value and natural sweetness of these ingredients while supporting innovation in food preparation aligned with health and quality standards. The goal is to produce a candy that is not only flavorful but also beneficial to both children and adults. This study also highlights how technical and vocational education can contribute to the creation of healthier food options through creative experimentation. An experimental research design was employed to determine the nutritional value of mansanas and camote in candy making. Independent variables were manipulated to observe their effects on the resulting product while controlling for extraneous factors. This method allowed for a systematic investigation into how these natural ingredients impact flavor, appearance, health benefits, and overall satisfaction. Data were collected from a group of 20 respondents who evaluated the candy based on multiple factors, such as taste, health perception, and satisfaction. The demographic profile of the respondents showed a fairly even age distribution, with a slight majority of female participants (60%). In terms of food preference, respondents strongly agreed that the candy had a natural flavor (mean = 3.30) and agreed it was healthy (mean = 2.95) and visually appealing (mean = 3.15). The overall level of satisfaction was high, with a mean rating of 3.25, indicating that most respondents were very satisfied with the product. The main challenge identified was profitability (mean = 3.30), while issues such as picky eaters and allergic reactions were not considered major concerns. The findings demonstrate that camote mansanas candy was well-received, particularly for its natural taste, health appeal, and visual presentation. The demographic data showed a broad age range of acceptance, with most respondents expressing high satisfaction. Although profitability was noted as a moderate concern, it did not pose a significant barrier to the product's perceived value. The study concludes that using mansanas and camote in candy making presents a viable path toward healthier and more appealing snack options, especially for younger consumers.

RECOMMENDED CITATION

Nocipeda, L. M., Oirada, J., Paligar, J. J., Peroso, S. P., Polbo, J., & Santiago, V. A. (2025). Nutritional Value of Mansanas and Camote in Candy Making: An Experimental Study. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(3), 37.