



Original Research Article

POMEGRANATE PEEL IN COMBINATION WITH WATERMELON SEEDS ICE-CREAM

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ABSTRACT

We made a pomegranate peel combination with watermelon seeds ice cream (it is also called ice pops of pomegranate peel and watermelon seeds) and utilize waste. Our main target is that utilizes waste and prepares nutrient-rich ice cream. Utilization of waste products includes resource conservation, energy conservation, and reductions in water and air pollution. It creates jobs and saves money for generators of waste so have utilized the waste pomegranate. Because of its many functions, it cures many diseases. Recycling is an integral part of any waste management system as it represents a key utilization alternative to reuse and energy recovery was chosen depending on the quality, purity, and market situation to meet these requirements for the different waste streams. For example, industrial waste, pharmaceutical waste, etc, must be treated differently but our main target is to cure skin cancer and combating of aging and wrinkles for that we have made ice cream of pomegranate peel. Besides this, it also works as an anti-carcinogenic. Our ice pops are nutrient-rich and very beneficial for every age group, their taste is very different from other pops, and their unique taste gives freshness. Pomegranate peel and watermelon seeds are good for your skin, they boost energy, our pops are iron and protein-rich because of the high amount of protein and iron present in watermelon seeds. Diabetic patients are also consuming our pops, it gives no adverse effects, also prevent osteoporosis because it is also calcium-rich, and they strengthen bones, and provide energy for kids. It is pure nondairy ice cream that is nutrient-rich and it is prepared with pomegranate peel and watermelon seeds, our main target is that we utilize waste and prepare something different from others. Our idea is new and unique..

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INTRODUCTION

We made *pomegranate peel in combination with watermelon seeds ice cream* and utilized waste. Our main target is that utilize waste and prepare nutrient-rich ice cream. Utilization of waste products includes resource conservation, energy conservation, and reductions in water and air pollution. It creates jobs and saves money for generators of waste so have utilized the waste pomegranate. Because of its many functions, it cures many diseases. Recycling is an integral part of any waste management system as it represents a key utilization alternative to reuse and energy recovery was chosen depending on the quality, purity, and market situation to meet these requirements for the different waste streams. For example, industrial waste, pharmaceutical waste, etc, must be treated differently but our main target is to cure skin cancer and combating of aging and wrinkles for that we have made ice cream of pomegranate peel. Besides this, it also works as an anti-carcinogenic. The pomegranate strips make up about 60% of the natural product, and they are wealthy in numerous mixes, for example, phenolics, flavonoids, ellagitannins (counting punicalagin), proanthocyanidin mixes, complex polysaccharides, and numerous minerals. The strip is the piece of the organic product with the most noteworthy cell reinforcement action, which is by its high substance of polyphenols. The consequence of examination and comparison of cancer prevention agents of the strip, mash, and seed in 28 distinct flavors show that the pomegranate strip has the most elevated cell reinforcement action. Anthocyanins a cancer prevention agent in the strip is the most significant and copious normal colors having a place flavonoid family.

Dessert (got from prior frosted cream or cream ice) is an improved solidified nourishment commonly eaten as a tidbit or pastry. It might be produced using dairy milk or cream and is enhanced with sugar, either sugar or another option, and any flavor, for example, cocoa or vanilla. Colorings are normally included, notwithstanding stabilizers. The blend is mixed to join air spaces and cooled underneath the point of solidification of water to keep discernible ice gems from framing. The outcome is a smooth, semi-strong froth that is strong at exceptionally low temperatures (underneath 2 °C or 35 °F). It turns out to be progressively moldable as its temperature increments. We have made pomegranate peel ice cream using fresh milk, different flavorings agents, stabilizers, and some natural additives. Watermelon seeds are one of the most nutrient-dense varieties of seeds. They are a rich source of proteins, vitamins, omega 3 and omega 6 fatty acids, magnesium, zinc, copper, potassium, and more. These seeds are high in calories though, so you need to be mindful of your portions. One cup of roasted watermelon seeds contains roughly 600 calories. Snacking on roasted watermelon seeds can be very beneficial for your skin. It prevents the outbreak of [acne](#), moisturizes your skin, prevents dullness, and prevents early signs of [aging](#) as well. Regular consumption of these seeds keeps elasticity in place and this is one of the reasons why watermelon seeds should be consumed regularly. Apply the oil of these seeds on your face to block your pores, thereby preventing the outbreak of acne.

MAIN COMPONENTS

Honey

We add honey in smaller amounts for balancing taste. Honey is a sweet, viscous food substance made by [bees](#) and some [related insects](#). [1] Bees produce honey from the [sugary](#) secretions of plants (floral [nectar](#)) or secretions of other insects (such as [honeydew](#)), by [regurgitation](#), [enzymatic](#) activity, and water evaporation. Bees store honey in wax structures called [honeycombs](#). [1][2] The variety of honey produced by [honey bees](#).

Pomegranate Peel Powder

We have utilized waste and prepared pomegranate peel ice cream. Pomegranate peel powder adds to ice cream to utilize pomegranate waste and prepare nutrient-rich ice cream. Pomegranate peel has many benefits, including a rich source of vitamin C, an effective combat tool against heart diseases,

pomegranate peel benefits for dental hygiene, prevention of skin cancer, and combating aging and wrinkles.

Emulsifier and Stabilizers

We add different emulsifiers in ice cream for mixing liquids and forming an emulsion. Emulsifiers are added substances that help two fluids blend. For instance, water and oil separate in a glass, however including an emulsifier will enable the fluids to combine. It is generally utilized for various foods and ice creams. Stabilizers are used to prevent degradation. There are monofunctional, bifunctional, and polyfunctional stabilizers. In economic terms, the most significant item bunches available for stabilizers are mixes dependent on calcium.

Sucrose

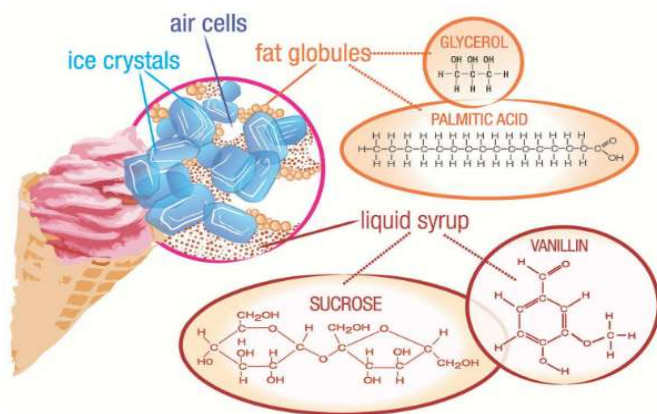
Sucrose is added to ice cream for sweetness. Sucrose is basic sugar. It is a disaccharide, a particle made out of two monosaccharides: glucose and fructose. Sucrose is created normally in plants, from which table sugar is refined. For human utilization, sucrose is separated and refined from either sugarcane or sugar beet.

Flavoring Agents

Flavoring agents are added to ice cream to enhance flavor. Flavoring agents are key nourishment-added substances with many assortments like organic products, nuts, fish, zest mixes, vegetables, and wine which are normal seasoning specialists. Other than normal flavors there are compound flavors that copy common flavors. A few instances of synthetic seasoning operators are alcohols that have a severe and restorative taste, fruity esters, ketones, and pyrazines that give flavors to caramel, phenolics that have a smokey enhancement, and terpenoids that have citrus or pine enhancement.

Watermelon Seeds Powder

We add watermelon seeds to it because its seeds it's nutrient-rich and this combination of ice cream is not available in markets, our main objective is that we utilize waste. Watermelon seeds are one of the most nutrient-dense varieties of seeds. They are a rich source of proteins, vitamins, omega 3 and omega 6 fatty acids, magnesium, zinc, copper, potassium, and more.



Economic and Marketing Importance

Utilization of waste products includes resource conservation. Energy conservation and reductions in water and air pollution. It creates jobs and saves money for generators of waste so have utilized the waste of pomegranate. Because of its many functions, it cures many diseases. Recycling is an integral part of any waste management system as it represents a key utilization alternative to reuse and energy recovery was chosen depending on the quality, purity, and market situation to meet these requirements for the different waste streams. For example, industrial waste, pharmaceutical waste, etc, must be treated differently but our main target is to cure skin cancer and combating of aging and wrinkles, for

that we have made ice cream of pomegranate peel. Besides this, it also works as an anti-carcinogenic. So we utilize waste and used it in our ice cream, new flavors introduced in the market and economically it is cheaper than other flavored ice creams and also nutrient-rich, and anti-carcinogenic. The consciousness of the significance of waste usage has become a reality, particularly in the push to tidy up the earth, increase the value of harvests and create more salaries to continue networks and families. Thinking about the significant expense of living and the pace of work inside the nation, this composing will be of extraordinary help to business visionaries and youthful alumni, reinforcing their endeavors to act naturally supporting, self-continuing, and managers of work, beginning their organizations from what has some time ago been viewed as waste. It has now been indicated that there are riches in squandering. With imagination and inventiveness, there is undiscovered potential to make something from all the losses in nature.

Procedure

STEP#01

First, boil water and add pomegranate peel powder and watermelon seeds powder in it. And boil at 100C for 1 hour. Then cool it for 5 to 10 minutes.

STEP#02

Then sucrose in it and then add honey in small quantities. Heat it for 10 to 15 minutes.

STEP#03

Then add emulsifiers and stabilizers in it.

STEP#04

Then add flavoring agents to it. And heat it until they form a good texture and proper color. Then cool it at room temperature for a few minutes.

STEP#05

Then put it into an ice cream maker for the proper making of ice cream. And then shaping.

STEP#06

Then put into the freezer for proper cooling

TESTING

Minor Testing

Check Hardness by Texture Analyzer

A Texture Analyser moves in either an up or down course to pack or stretch an example. The voyaging arm is fitted with a heap cell and records the power reaction of the example to the disfigurement that is forced on it. Power, Distance, and Time information is gathered and typically exhibited as a bend on a diagram which, when broken down, demonstrates the surface of the example.

Check Viscosity by Viscometer

A viscometer (likewise called a viscosimeter) is an instrument used to quantify the thickness of a liquid. For fluids with viscosities that change with stream conditions, an instrument called a rheometer is utilized. Along these lines, a rheometer can be considered an exceptional kind of viscometer. Viscometers just measure under one stream condition. All in all, either the liquid stays stationary and an article travels through it, or the item is stationary and the liquid moves past it. The drag brought about by the relative movement of the liquid and a surface is a proportion of the consistency. The stream conditions must have an adequate little estimation of Reynolds number for there to be a laminar stream.

Demulsibility

Demulsibility is the capacity of oil to isolate from water. Oil and water normally separate since like atoms draw in one another. Oil sticks with oil, and water sticks with water. Oil is hydrophobic or "scared of water," which is an advantage of liquids like turbine oil. In this way, oil has the trait of being able to destroy, it normally isolates from water. Nonetheless, it can likewise be hygroscopic, implying that turbine oil additionally can normally pull in and hold water. Since turbine oil is both able to destroy and hygroscopic, it has a fragile association with water. Some measure of water is alright and not out of the ordinary in turbine oil. This water is held in the oil, much like mugginess is noticeable all around. It's called disintegrated water and it's not unmistakable to the eye. Be that as it may, when oil arrives at its immersion point, it is never again ready to hold water in a broke up state and the water begins to isolate out from the oil. This water, which you can see, and which frequently gathers on the base of the store and is depleted is called free water. Free water and broke up water have their issues, yet as long as the oil's deductibility is acceptable, there are answers for disposing of this water. The issue accompanies emulsified water, which happens when the oil's deductibility is coming up short and the oil gets unfit to isolate from the water. Emulsified water can cause a wide range of issues, from oil dropping out of spec and waiting to be sentenced to issues with thickness, corrosive arrangement, and varnish.

Check Density by Specific Gravity Test

Relative thickness or specific gravity is the proportion of the thickness (mass of a unit volume) of a substance to the thickness of a given reference material. Explicit gravity for fluids is about constantly estimated regarding water at its densest (at 4 °C or 39.2 °F); for gases, air at room temperature (20 °C or 68 °F) in the reference. The expression "relative thickness" is regularly favored in logical utilization. It is characterized as a proportion of the thickness of a specific substance with that of water. On the off chance that a substance's relative thickness is short of what one is, at that point it is less thick than the reference; on the off chance that more noteworthy than 1, at that point, it is denser than the reference. If the relative thickness is 1, at that point the densities are equivalent; that is, equivalent volumes of the two substances have a similar mass. On the off chance that the reference material is water, at that point, a substance with a relative thickness (or explicit gravity) under 1 will glide in the water. For instance, an ice solid shape, with a general thickness of about 0.91, will drift. A substance with a relative thickness more prominent than 1 will sink.

Conclusion:

Abstract We made a pomegranate peel combination with watermelon seeds ice-cream (it is also called ice pops of pomegranate peel and watermelon seeds) and utilize waste. Pomegranate peel powder adds to ice cream to utilize pomegranate waste and prepare nutrient-rich ice cream. Watermelon Seeds Powder We add watermelon seeds because their seeds it is nutrient-rich and this combination of ice cream is not available in markets, our main objective is that we utilize waste. Watermelon seeds are one of the most nutrient-dense varieties of seeds.

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