

## Effect of microwave roasting on the chemical constituents and antioxidant potentials of coffee beans

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### Article history

Received:

25 October 2020

Received in revised form:

4 September 2021

Accepted:

22 October 2021

### Keywords

microwave roasting,  
 total polyphenol content,  
 total flavonoid content,  
 coffee bean,  
 mineral content,  
 DPPH radical scavenging  
 activity

### Abstract

The present work evaluated the effect of microwave roasting on total polyphenol content (TPC), total flavonoid content (TFC), 2,2-diphenyl-1-picrylhydrazyl (DPPH) radical scavenging activity, some selected compounds, and the mineral content of coffee beans. Coffee bean powder was roasted at three microwave power levels (450, 720, and 900 W) and treatment durations (4, 6, and 8 min). The TPC, TFC, and DPPH radical scavenging activity were increased by increasing the microwave power and roasting duration, but detrimental effects were observed at higher power levels and longer treatment durations. The highest TPC, TFC, and DPPH radical scavenging activity were detected for the sample treated at 720 W for 6 min. The mineral content was only increased in the sample treated at 450 W for 4 min; all other treatments decreased the mineral content. Microwave power levels and treatment durations showed a significant increase in the browning intensity of the coffee bean extract. The selected coffee bean compounds as analysed by GC-MS were affected in different ways by microwave treatment. The relative percentage of caffeine was increased from 40.06 to 49.12% when treated at 450 W for 4 min, while *n*-hexadecanoic acid content was decreased from 33.86% in untreated coffee beans to 16.31% when treated at 450 W for 4 min. There was also the formation of new compounds such as octadecanoic acid-methyl ester, vitamin E, and stigmaterol upon microwave roasting of coffee beans. Based on the above results, microwave heating can be used as a roasting method for coffee beans.

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### Introduction

Coffee beans are a rich source of antioxidants such as caffeic acid, chlorogenic acid, ferulic acid, sinapic acid, and many other phenolic compounds, which possess potential health benefits (Jung *et al.*, 2017; Kwak *et al.*, 2017). These phenolic constituents not only affect the bitterness and acidity, but could also prevent many metabolic diseases such as obesity, cardiovascular, diabetes, Alzheimer's, and inflammation (Madhava Naidu *et al.*, 2008; Vignoli *et al.*, 2011; Esquivel and Jiménez, 2012; Jung *et al.*, 2017). Phenolic constituents, which are found abundantly in coffee beans, render coffee as a functional beverage (Esquivel and Jiménez, 2012).

When compared with other species, the consumption of Arabica and Robusta coffee beans is higher; Arabica (70%), Robusta (26%), and other (4%) (USDA, 2012; Diviš *et al.*, 2019). The roasting of coffee beans is considered the main influencer on coffee bean quality, functionality, aroma, flavour, and taste (Schenker *et al.*, 2002). Processing conditions

are not the only factor that could affect the total polyphenol content and DPPH radical scavenging capacity of coffee beans, but agricultural and geographical factors also play important roles (Schenker *et al.*, 2002; Cheong *et al.*, 2013). Apart from roasting, brewing and grinding are the other processing conditions that affect the bioactive compounds present in coffee (Hečimović *et al.*, 2011; Derrosi *et al.*, 2018).

Roasting coffee beans for extended periods leads to an increase in the intensity of roasty flavour. Alstrup *et al.* (2020) reported that a short development time increased the fruity, sweet, and acidic attributes of coffee, whereas a longer development time shifted the balance towards a more bitter, roasty, and nutty profile. For this study, the fast roasting was ended at 204.1°C for 90 s, medium at 201.2°C for 143 s, slow at 198.4°C for 266 s, and baked at 191.1°C for 390 s.

Conventional roasting is done using a frying pan, and since the roasting temperature is not controlled in conventional coffee processing, it can

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cause the distribution of excess heat in the coffee beans, thus rendering the coffee beans to blacken faster. Therefore, the use of tools or machines in coffee roasting can control the temperature and duration, and can maintain the quality of beans (Saloko *et al.*, 2019). Since conventional roasting of coffee beans may reduce the content of phenolic acids, the coffee industry requires an improved roasting method in order to preserve or increase phenolic content in coffee beans. Cheong *et al.* (2013) compared the phenolic constituents and antioxidant capacity of four Asian coffee varieties roasted with a home coffee roaster for 12 min, and then cooled down by blowing in the roaster for 4 min. They reported that the radical scavenging activity was similar between the green and roasted coffee beans, while the Arabica Sidikalang variety exhibited the highest ferric-reducing capacity. Dong *et al.* (2018) used five different microwave power levels (0.3, 0.5, 1.0, 1.5, and 2.0 kW) in their study to explore the drying characteristics of green coffee beans. They found that microwave vacuum drying resulted in a significant increase in TPC and DPPH free radical scavenging activity, and the rate of increase was higher at higher microwave power level. Depending on people's choices, different roasting styles have been created which differ from each other in terms of temperature, duration, and others (Moon *et al.*, 2009). Selection of various factors such as roasting duration, temperature, microwave power, and others significantly impacts the features of the product (Dong *et al.*, 2018; Alkaltham *et al.*, 2020). A decrease in polyphenolic compounds was observed during roasting which was considered to be related to the degradation of chlorogenic, citric, and malic acids, which in turn influenced the total antioxidant capacity (Król *et al.*, 2020).

Numerous researches have been carried out on coffee beans in the last few decades due to its popularity and high consumption rate. Some of them compared the antioxidant activity between green and roasted coffee beans (Nebesny and Budryn, 2003; Priftis *et al.*, 2015), and some of them are health-related (Ludwig *et al.*, 2014; Li *et al.*, 2016; Poole *et al.*, 2017), but there is hardly any study linking the effect of microwave roasting at different durations and power levels on the chemical constituents and mineral contents. Therefore, the present work aimed to evaluate the effect of microwave roasting on TPC, TFC, antioxidant activity, some selected compounds, and the mineral content in coffee beans.

## Materials and methods

### Materials

*Coffea arabica* (variety; Heirloom) was procured from the Jazan region of Saudi Arabia. Coffee beans were sun-dried until their moisture level reached 11.2% of the dry weight. The samples were then ground and passed through a 60-mesh (250 µm) sieve. The resultant powder was used for the microwave treatment steps.

### Microwave roasting

The reversed coffee roasting process was adopted in the present work (Lee *et al.*, 2017); based on this procedure, grinding preceded roasting. The coffee bean powder was first treated in a household microwave oven (MWL311, Kenwood, China; 900 W and 2450 MHz). Next, 4 g of coffee bean powder were added to a glass beaker, which was then placed in the middle of the microwave oven cavity, and treated at 450 and 720 W for 4 min, respectively, and 900 W for 4, 8, and 6 min, respectively. All the process parameters were selected based on the preliminary trials of TPC, DPPH radical scavenging activity, and the colour of the coffee bean powder. Untreated coffee bean powder served as control. All the samples were placed in airtight plastic bags, and stored at room temperature (23°C) for further analyses.

### Extraction

The slightly modified method of Nebesny and Budryn (2003) was used for the extraction of coffee samples. Coffee bean powder (2 g) was extracted with 20 mL of distilled water at 100°C for 10 min. Then, the mixture was centrifuged at 3,000 g for 10 min at 23°C. The supernatant was then filtered using Whatman filter paper no. 2, and the extract was stored at 4°C prior to the antioxidant assays and mineral content determinations.

For gas chromatography-mass spectrometry (GC-MS) analysis, 1 g of coffee bean powder was extracted with 10 mL of a dichloromethane methanol (2:1, v/v) solution using an ultrasonic device (Wisdom, WUC-D10H, 665 W, 60 Hz; Daihan Scientific Co., Ltd., Wonju-si, Gangwon-do, Korea) at 60°C for 45 min. The extract was filtered, and the filtrate was reduced to half of its original volume under a nitrogen stream prior to the analysis.

### Total polyphenol content

The total polyphenol content (TPC) was measured following the method described by Hayat *et al.* (2011). Briefly, 25  $\mu\text{L}$  of the extract was mixed with 1,500  $\mu\text{L}$  of water. Thereafter, 125  $\mu\text{L}$  of undiluted Folin-Ciocalteu reagent was added to the mixture. After 1 min, 375  $\mu\text{L}$  of 20% sodium carbonate were added, and the final volume of the mixture was made up to 2,500  $\mu\text{L}$  by adding 475  $\mu\text{L}$  of water. The absorbance was measured at 760 nm after 30 min of incubation at 23°C, and TPC was expressed as gallic acid equivalents per gram dry weight of the sample (mg GAE/ g DW).

### Total flavonoid content

The total flavonoid content (TFC) was measured following the method described by Hayat *et al.* (2011). Briefly, extract (250  $\mu\text{L}$ ) was mixed with 1,000  $\mu\text{L}$  of water, and then, 75  $\mu\text{L}$  of each  $\text{NaNO}_2$  and  $\text{AlCl}_3$  were added. The mixture was allowed to stand for 5 min at 23°C, and then, 500  $\mu\text{L}$  of 1 M NaOH and 600  $\mu\text{L}$  of water were added. Absorbance was measured at 510 nm. Blank was prepared without the addition of the extract, and TFC was expressed as catechin equivalents per gram dry weight of the sample (mg CE/g DW).

### DPPH scavenging

The free radical scavenging potential of the samples was determined by DPPH following the method described by Noreen *et al.* (2017), with some modifications. Briefly, the coffee bean extract (130  $\mu\text{L}$ ) and 0.1 mM DPPH solution were mixed and kept in the dark for 30 min. Thereafter, absorbance was measured at 510 nm. The control was prepared in the same manner, except that methanol was used instead of the extract. Methanol was used as a blank, and DPPH scavenging percentage was calculated using Eq. 1:

$$\text{DPPH scavenging \%} = \frac{[A_{\text{control}} - A_{\text{sample}}]}{A_{\text{control}}} \times 100 \quad (\text{Eq. 1})$$

The results were expressed as 50% inhibitory concentration ( $\text{IC}_{50}$ ) of the coffee sample.

### Browning intensity

The browning intensity of coffee bean extracts was measured using a UV-vis spectrophotometer (Jasco V-630, Pfungstadt, Germany) by measuring

the absorbance at 420 nm ( $A_{420}$ ). All the extracts were diluted 15 times before the absorbance measurement.

### Mineral content

The selected minerals namely calcium, magnesium, manganese, iron, copper, and zinc in the coffee bean samples were analysed using an inductively coupled plasma-optical emission spectrometer (ICP-OES) (PerkinElmer Optima 4300 DV, USA). Briefly, the calibration curves of all the aforementioned metals were obtained by running their respective standards on the ICP-OES, and the concentrations of the metals in the samples were calculated. The experimental conditions were as follows: sample uptake rate, 1.5 mL/min; plasma flow, 15 L/min; nebuliser flow, 0.8 L/min; auxiliary flow, 0.2 L/min; RF power, 1300 W; and pump rate, 15 rpm.

### GC-MS analysis

GC-MS analysis of the coffee bean samples was performed using an Agilent 7890A gas chromatograph coupled with a 5975C mass selective detector. The column used was the HP-5MS (Agilent; 30 m  $\times$  250  $\mu\text{m}$ , 0.25  $\mu\text{m}$ ), while helium was applied as the carrier gas at a flow rate of 1 mL/min. The GC temperature was programmed from 60°C with an initial time of 2 min, to 300°C at a rate of 6°C/min, and then kept under isothermal conditions for a total run time of 57 min. The injection volume was 2  $\mu\text{L}$  performed using the splitless mode. The mass spectrometric detector was operated in the electron impact mode with a 70-eV ion source. The compounds were identified based on their mass fragment patterns using the mass spectral library of GC-MS or from the literature on mass spectra.

### Statistical analysis

All the experiments, except GC analysis, were performed in triplicate. The results were expressed as mean  $\pm$  SD (standard deviation). One-way analysis of variance (ANOVA) was applied to groups, and significant differences among the parameters were determined using Duncan's multiple range test using SAS statistical software (Version 9.2, 2000-2008; SAS Institute Inc., Cary, NC, USA).

## Results and discussion

*Effect of microwave roasting on TPC, TFC, and DPPH scavenging of coffee beans*

The coffee beans were roasted at three different power levels of 450, 720, and 900 W for 4 min, and compared against control. The effect of microwave roasting on TPC, TFC, and DPPH scavenging of coffee beans is given in Table 1.

It was apparent that the microwave power significantly affected the TPC of coffee beans. As compared to control, the coffee beans heated at 720 W revealed a significantly ( $p < 0.05$ ) higher TPC and TFC values. For example, the TPC of control was 30.93 mg GAE/g DW, which was increased to 35.60 mg GAE/g DW when the coffee beans were treated at 720 W for 4 min. The  $IC_{50}$  is a concentration of any substance inhibiting the half maximal activity of any biological or chemical function; the lower the  $IC_{50}$ , the higher the potency of a substance and *vice versa*. A significantly lower  $IC_{50}$  (1.14 mg/mL) was observed for the sample treated at 720 W as compared to those roasted at 450 W (1.24 mg/mL), 900 W (1.30 mg/mL), and control (1.26 mg/mL), respectively. Statistically, the results of control and the sample treated at 450 W were similar to each other; however, the 720 W sample showed a significant increase in TPC, TFC, and DPPH scavenging capacity in the samples. Though a little increase in microwave power showed a positive effect, the higher microwave power level of 900 W exerted a detrimental effect on TPC, TFC, and DPPH scavenging capacity of the samples. The TFC of control was 41 mg CE/g DW, and decreased to 32.6 mg CE/g DW upon treatment at 900 W. Al-Juhaimi *et al.* (2018) reported similar results that TPC, TFC, and antioxidant activity of apricot kernels were increased by 320 and 540 W microwave treatments, but decreased when the power was increased to 720 W. The degradation, polymerisation, and auto-oxidation of the phenolic compounds during roasting might be the cause of a decrease in their content (Wongsa *et al.*, 2019). The antioxidant activity of some plant materials like citrus peels was increased by increasing the microwave power levels (Hayat *et al.*, 2010). Ludwig *et al.* (2013) added sugar

to coffee bean samples during roasting, and found that there was no effect on the phenolic compounds, but the DPPH quenching activity of the roasted coffee was increased. The microwaving process can disrupt the cell wall of the plant materials and assist the phytochemicals to be released from the plant matrix more easily, thus causing an increase in the amount of available bioactive constituents, and in turn the enhancement in antioxidant potential of plant food materials (Hayat *et al.*, 2019; Uslu and Özcan, 2019; Hayat, 2020; Karrar *et al.*, 2020). However, our findings are contrary to the study of Nebesny and Budryn (2003) which reported that green coffee exhibited a higher antioxidant activity as compared to the conventional and microwave-roasted samples; however, as compared to oven roasting, microwave roasting better protected its antioxidant characteristics. On the other hand, the same research reported that the pre-dried microwave-roasted (750 W for 7.42 min) coffee beans showed a higher TPC and antioxidant activities as compared to the pre-dried convective-roasted (230°C for 3.78 min) coffee beans (Nebesny and Budryn, 2003). The complexity of the chemical reactions during roasting can lead to the reported discrepancy. During roasting, the degradation of some compounds like chlorogenic acids may cause the decrease in the antioxidant potential of the coffee beans (Perrone *et al.*, 2012), while some other bioactive compounds like hydroxycinnamates and quinic acid may also be released due to such degradation (Wei and Tanokura, 2015). Moreover, the Maillard reaction might take place due to high temperature during roasting, thus generating a number of compounds which can contribute to the antioxidant potential of the product (Pastoriza and Rufián-Henares, 2014). Consequently, all of the substances appearing during roasting can either compensate for the loss of some compounds or even contribute towards the enhancement in the antioxidant potential (Ludwig *et al.*, 2013).

**Table 1.** Effect of microwave roasting at different microwave power levels (450, 720, and 900 W) and treatment durations (4, 6, and 8 min) on TPC, TFC, and DPPH scavenging of coffee beans.

| Parameter | Untreated                  | 450 W - 4 min             | 720 W - 4 min             | 720 W - 6 min             | 720 W - 8 min             | 900 W - 4 min             |
|-----------|----------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|
| TPC       | 30.93 ± 2.89 <sup>cd</sup> | 32.47 ± 0.97 <sup>c</sup> | 35.60 ± 0.87 <sup>b</sup> | 40.06 ± 0.23 <sup>a</sup> | 23.73 ± 0.42 <sup>e</sup> | 29.07 ± 2.39 <sup>d</sup> |
| TFC       | 41.00 ± 0.53 <sup>c</sup>  | 41.40 ± 0.20 <sup>c</sup> | 43.07 ± 1.10 <sup>b</sup> | 44.40 ± 0.40 <sup>a</sup> | 24.73 ± 0.12 <sup>e</sup> | 32.60 ± 0.60 <sup>d</sup> |
| DPPH      | 1.26 ± 0.01 <sup>bc</sup>  | 1.24 ± 0.03 <sup>c</sup>  | 1.14 ± 0.05 <sup>d</sup>  | 1.01 ± 0.03 <sup>e</sup>  | 1.59 ± 0.02 <sup>a</sup>  | 1.30 ± 0.03 <sup>b</sup>  |

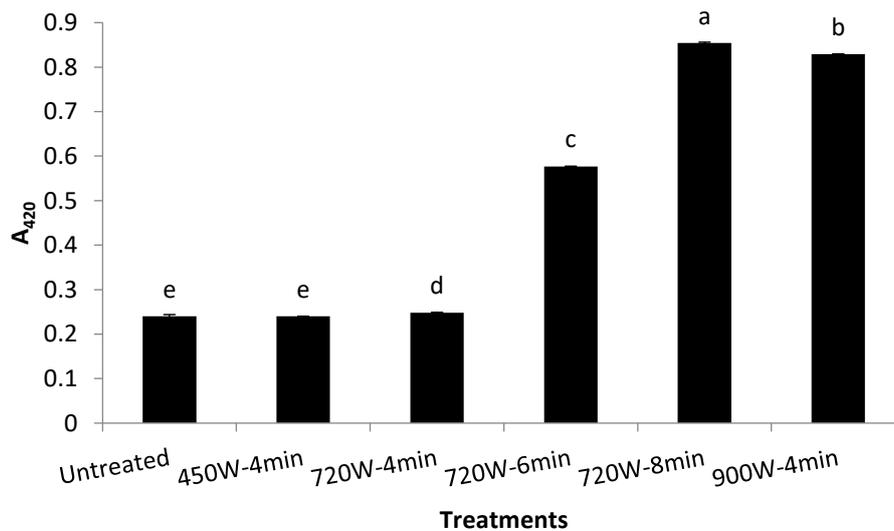
Values are mean of triplicates ( $n = 3$ ) ± standard deviation. Means followed by different lowercase superscripts in the same row are significantly different at  $p < 0.05$ .

### Effect of microwave durations

The coffee bean powder was treated at 720 W for 4, 6, and 8 min, and the results are shown in Table 1. The effect of microwave treatment durations showed a significant increase in TPC, TFC, and DPPH radical scavenging capacity as compared to the effect of the microwave power levels. A significantly ( $p < 0.05$ ) highest TPC and TFC, and the lowest  $IC_{50}$  for DPPH scavenging was achieved when the coffee bean sample was roasted for 6 min at 720 W. The longer roasting duration of 8 min showed an adverse effect on TPC, TFC, and DPPH scavenging capacity. The  $IC_{50}$  values of control and samples treated at 720 W for 4, 6, and 8 min were 1.26, 1.14, 1.01, and 1.59 mg/mL, respectively. These results are in agreement with the findings of previous studies (Hayat *et al.*, 2010; 2019).

### Effect of microwave roasting on the browning intensity of coffee bean extract

The browning intensity of coffee bean water extract was measured by recording the absorbance at 420 nm ( $A_{420}$ ). Browning is an index which determines the degree of roasting, and it plays an important role in the overall acceptability of the coffee beverage. As can be seen in Figure 1, the highest browning intensity was exhibited by coffee bean powder extract that was roasted at 720 W for 8 min. The browning intensity of the samples was increased significantly ( $p < 0.05$ ), both by increasing the microwave power and roasting duration. These results are aligned with the findings of other researchers who reported an increase in the browning degree of the coffee beans when the roasting duration was increased (Nicoli *et al.*, 1997; Doğan *et al.*, 2019). These results showed that microwave roasting changed the physical characteristics of the samples, and might also generate colour-forming compounds during the roasting process.



**Figure 1.** Effect of microwave roasting at different microwave power levels (450, 720, and 900 W) and treatment durations (4, 6, and 8 min) on the colour of coffee bean extract.

### Effect of microwave roasting on the mineral content of coffee beans

Table 2 shows the content of the studied minerals of the coffee beans as affected by microwave roasting. As can be seen from the Table, the mineral content was increased upon microwave roasting, but the microwave power level and roasting duration had varying effects. The mineral content was increased at low power levels but was decreased with an increase in microwave power. For example, the Ca content of control was increased from 719.53 to

748.98 mg/kg DW when treated at 450 W for 4 min, but was decreased to 495.87 and 415.67 mg/kg DW when the power was increased to 720 and 900 W for 4 min, respectively. On the other hand, roasting duration negatively affected the mineral content. For example, the Mg content of the samples treated at 720 W for 4, 6, and 8 min was 876.48, 830.88, and 714.83 mg/kg DW, respectively, while the Mg content was 1,096.44 mg/kg DW for control. Gogoasa *et al.* (2013) reported a similar Mg content (1,050 mg/kg DW) but a different Ca content (1,270 mg/kg DW) in

Jacobs Aroma coffee. Hayat *et al.* (2019) described that the mineral content of fennel seeds was decreased upon microwave roasting, and both the microwave power and roasting duration negatively affected the mineral content. Ghafoor *et al.* (2018) also reported a decrease in the mineral content of oven-roasted chia seeds. The materials respond to the microwave energy depending on their dielectric permittivity, and the loss factor. There is the potential of a material absorbing the electromagnetic energy as its dielectric permittivity while transforming the stored energy into heat, and it is called the loss factor of a material. The higher the applied power, the faster the material will be heated due to the increase in the electric field

(Shang *et al.*, 2006). The minerals investigated in the present work might have high loss factor, thus resulting in high internal temperature and consequently a decrease in their content. Moreover, the decrease in mineral content might also be ascribed to the evaporative loss of dielectric species from the coffee during microwave heating (Hayat *et al.*, 2010). Measuring the dielectric properties of the studied minerals may give further insights into the exact mechanisms of their varying contents. Extensive modifications to the microwave apparatus are needed to make these measurements, and this will form the basis of future research.

**Table 2.** Effect of microwave roasting at different microwave power levels (450, 720, and 900 W) and treatment durations (4, 6, and 8 min) on the mineral content (mg/kg DW) in coffee beans.

| Mineral | Untreated                   | 450 W - 4 min               | 720 W - 4 min              | 720 W - 6 min              | 720 W - 8 min              | 900 W - 4 min              |
|---------|-----------------------------|-----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|
| Ca      | 719.53 ± 2.16 <sup>b</sup>  | 748.98 ± 5.62 <sup>a</sup>  | 495.87 ± 4.42 <sup>c</sup> | 412.54 ± 3.60 <sup>d</sup> | 274.80 ± 4.49 <sup>e</sup> | 415.67 ± 2.36 <sup>d</sup> |
| Mg      | 1096.44 ± 8.93 <sup>b</sup> | 1206.93 ± 9.79 <sup>a</sup> | 876.48 ± 3.57 <sup>d</sup> | 830.88 ± 8.02 <sup>e</sup> | 714.83 ± 2.58 <sup>f</sup> | 932.50 ± 3.54 <sup>c</sup> |
| Mn      | 1.30 ± 0.07 <sup>c</sup>    | 2.32 ± 0.03 <sup>a</sup>    | 2.03 ± 0.03 <sup>b</sup>   | 1.37 ± 0.04 <sup>c</sup>   | 0.20 ± 0.02 <sup>e</sup>   | 0.87 ± 0.04 <sup>d</sup>   |
| Fe      | 1.29 ± 0.06 <sup>c</sup>    | 1.50 ± 0.08 <sup>b</sup>    | 2.02 ± 0.02 <sup>a</sup>   | 0.76 ± 0.00 <sup>d</sup>   | 0.86 ± 0.04 <sup>d</sup>   | 0.82 ± 0.02 <sup>d</sup>   |
| Cu      | 6.71 ± 0.13 <sup>b</sup>    | 9.19 ± 0.05 <sup>a</sup>    | 4.37 ± 1.00 <sup>d</sup>   | 3.48 ± 0.05 <sup>e</sup>   | 2.78 ± 0.06 <sup>f</sup>   | 4.73 ± 0.04 <sup>c</sup>   |
| Zn      | 0.04 ± 0.02 <sup>c</sup>    | 0.92 ± 0.04 <sup>a</sup>    | 0.21 ± 0.03 <sup>b</sup>   | nd                         | nd                         | nd                         |

Values are mean of triplicates ( $n = 3$ ) ± standard deviation. Means followed by different lowercase superscripts in the same row are significantly different at  $p < 0.05$ . nd: not detected.

#### *Effect of microwave roasting on selected compounds of coffee beans as analysed by GC-MS*

The effect of microwave roasting on the selected compounds that were analysed by GC-MS is given in Table 3. The compounds, which are either the main compounds of coffee or contribute to its antioxidant capacity, like caffeine, beta-tocopherol, vitamin E, stigmaterol, and beta-sitosterol were selected for this experiment. Microwave roasting exerted a mixed effect on the compounds of coffee beans; for example, the relative percentage of caffeine increased from 40.064 to 49.125% when treated at 450 W for 4 min. However, when the microwave power was further increased to 720 and 900 W, the relative percentage of caffeine was decreased to 46.019 and 27.098%, respectively. On the other hand, *n*-hexadecanoic acid content was found to be 33.862% in control, and was decreased to 16.311% when treated at 450 W for 4 min, and was even not detected in coffee bean samples treated at all other microwave power levels and roasting durations. New compounds were also formed in the treated samples that were not detected in control. For

example, octadecanoic acid, methyl ester was not detected in control but was found in the samples treated at 720 W for 8 min and 900 W for 4 min, respectively. It could be due to the fact that some alcohols were formed during microwave roasting, and reacted with acids, and formed ester compounds. Vitamin E and stigmaterol were also not detected in control but were found in microwave-roasted samples. This could be attributed to the fact that these compounds were present in the bound state, and liberated upon microwave roasting (Xu *et al.*, 2007; Hayat *et al.*, 2010).

#### **Conclusion**

The effect of microwave roasting on TPC, TFC, DPPH scavenging capacity, mineral content, colour, and content of selected compounds in coffee beans was investigated. It was found that TPC, TFC, and antioxidant activity of the coffee bean extract was increased with increasing microwave power and roasting duration; however, too high microwave power levels and roasting durations had a detrimental

**Table 3.** Effect of microwave roasting at different microwave power levels (450, 720, and 900 W) and treatment durations (4, 6, and 8 min) on selected compounds as analysed by GC-MS.

| No. | Retention Time | Compound   | Peak Area Abundance (%) |               |               |               |               |               |
|-----|----------------|--|-------------------------|---------------|---------------|---------------|---------------|---------------|
|     |                |  | Untreated               | 450 W - 4 min | 720 W - 4 min | 720 W - 6 min | 720 W - 8 min | 900 W - 4 min |
| 1   | 24.398         | Caffeine   | 40.064                  | 49.125        | 46.019        | 37.039        | 25.829        | 27.098        |
| 2   | 25.336         | Hexadecanoic acid, methyl ester  | 2.172                   | -             | -             | -             | 3.806         | 3.986         |
| 3   | 26.452         | <i>n</i> -Hexadecanoic acid  | 33.862                  | 16.311        | -             | -             | -             | -             |
| 4   | 27.997         | 9,12-Octadecadienoic acid (Z,Z)-, methyl ester   | 1.250                   | 2.244         | 3.376         | 3.198         | 3.283         | 3.621         |
| 5   | 28.443         | Octadecanoic acid, methyl ester  | -                       | -             | -             | -             | 0.858         | 0.961         |
| 6   | 32.689         | Phenol, 2,2'-methylenebis[6-(1,1-dimethylethyl)-4-methyl-2,6,10,14,18,22-tetracosahexaene, 2,6,10,15,19,23-hexamethyl-, (all-E)- | 1.465                   | 2.616         | 1.890         | 1.936         | 3.556         | 2.401         |
| 7   | 37.661         | Tetracosahexaene, 2,6,10,15,19,23-hexamethyl-, (all-E)-  | 0.992                   | 1.315         | 1.954         | 2.105         | 1.067         | 1.078         |
| 8   | 40.042         | Beta-tocopherol  | 0.858                   | 1.743         | 3.501         | 2.850         | 1.345         | 1.414         |
| 9   | 41.077         | Vitamin E  | -                       | 0.648         | 1.285         | 1.102         | 0.553         | 0.544         |
| 10  | 42.628         | Stigmasterol   | -                       | -             | -             | 3.071         | 1.666         | 1.836         |
| 11  | 43.337         | Beta-sitosterol  | 1.648                   | 3.231         | 6.546         | 4.324         | 2.304         | 2.295         |

effect. Therefore, it could be concluded that moderate microwave heating either released the bound phenolic compounds or generated some new compounds, but roasting for longer duration or at higher microwave power levels caused their degradation. The browning intensity of the coffee extract was increased both with microwave power and roasting duration. The mineral content of the coffee beans was increased at low microwave power levels and short roasting durations, but all other treatments showed an adverse effect on the mineral content. Microwave roasting had a mixed effect on the coffee bean compounds as analysed by GC-MS. The results of the present work suggest that moderate microwave roasting condition could be beneficial for coffee beans in terms of its effect on TPC, TFC, DPPH scavenging capacity, mineral content, and colour.

#### Acknowledgement

The present work was financially supported by the Researchers Supporting Project number (RSP2022R437), King Saud University, Riyadh, Saudi Arabia.

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