

咖啡生豆多糖提取及抗氧化活性

Extraction of polysaccharide from green coffee beans and its antioxidant activity

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摘要:目的: 为咖啡中多糖成分的研究和天然活性多糖的开发提供基础数据。方法: 研究了云南小粒咖啡生豆多糖(GBP)的水提工艺和抗氧化活性。应用响应面法对咖啡生豆多糖提取工艺进行优化; 运用傅里叶变换红外光谱(FT-IR)和扫描电镜(SEM)共同鉴定和表征咖啡生豆多糖的结构特点。采用 DPPH 自由基、ABTS 自由基清除试验和 FRAP 法评估咖啡生豆多糖体外抗氧化能力。结果: 咖啡生豆多糖水提法的最佳工艺条件: 提取温度 59 ℃、提取时间 45 min、液料比($V_{\text{水}} : m_{\text{咖啡生豆}}$) 21 : 1 (mL/g)、浓缩体积 1/8 及乙醇体积分数 75%, 该条件下咖啡生豆多糖得率达 9.56%。多糖样品经红外光谱和电镜扫描显示咖啡生豆是表面呈不规则的孔状结构的多糖。咖啡生豆多糖对 DPPH 自由基、ABTS 自由基清除能力分别为 2.32 mg/mL(IC_{50})、0.011 mmol Trolox/g GBP, 铁还原能力为 0.95 mmol Fe^{2+} /g GBP。结论: 咖啡生豆多糖是具有抗氧化活性的不规则孔状结构多糖, 具有进一步研究和开发的价值。

关键词: 小粒咖啡; 生豆; 多糖; 水提法; 表征; 抗氧化活性

Abstract: **Objective:** This study provided basic data for the investigation of polysaccharides in coffee and the development of natural active polysaccharides. **Methods:** The water extraction method and antioxidant activity of green coffee beans polysaccharide (GBP) from Yunnan province. Response surface

method was used to optimize the extraction process of polysaccharide from coffee bean. Fourier transform infrared spectroscopy (FT-IR) and scanning electron microscopy (SEM) were used to identify and characterize the structure of polysaccharide from coffee bean. DPPH, ABTS free radical scavenging assay and FRAP assay were used to evaluate the antioxidant capacity of coffee bean polysaccharide *in vitro*.

Results: The optimal extraction conditions were as follows: extracting at 59 ℃ for 45 min, liquid-solid ratio ($V_w : m$) 21 : 1 (mL/g), concentrated volume 1/8 and ethanol volume fraction 75%. Under the control of these conditions, the yield of polysaccharides from coffee beans reached 9.56%. The results of FT-IR and electron microscopy showed that the polysaccharide of coffee bean had irregular pore structure. The DPPH scavenging capacity and ABTS radical scavenging capacity of coffee bean polysaccharide was 2.32 mg/mL (IC_{50}) and 0.011 mmol Trolox/g GBP, respectively. The iron reducing capacity of coffee bean polysaccharide was 0.95 mmol Fe^{2+} /g GBP. **Conclusion:** Polysaccharide derived from green coffee beans is a kind of polysaccharide with irregular pores and antioxidant activity, which is valuable for further research and development.

Keywords: *Coffea arabica*; green coffee beans; polysaccharide; water extraction method; characterization; antioxidant activity

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咖啡中含有丰富的蛋白质、氨基酸、脂肪、糖等营养成分。糖既是咖啡中的主要营养成分, 也是咖啡特殊风味形成的关键物质^[1]。多糖是单糖通过糖苷键结合而成的天然活性大分子化合物^[2], 在自然界中广泛存在。研究表明, 多糖作为重要的一类天然活性化合物具有抗氧化^[3]、免疫调节^[4]、抗衰老^[5]、抗肿瘤^[6]、降血糖^[7]等多种

活性,还对神经退行性疾病^[8]起到预防和治疗作用。然而,多糖的这些生物活性受其来源、结构、纯度等因素的影响^[9-12]。近年来,多糖因其特殊的结构和性质在食品、化妆品、药品应用方面取得了突出的成果^[13-14]。其中,提取方法也是影响多糖活性和利用的一个因素,其会通过对其结构和理化性质产生影响,进而影响多糖的药理活性^[15-16]。目前,大多采用热水提取、酸碱提取、酶解提取、超声辅助提取、微波辅助提取方法进行多糖的提取。

目前关于咖啡多糖的提取方法、结构特点、分离纯化、生物活性的研究报道较少。根据文献^[17],从咖啡渣中提取的多糖以半乳糖为主,其次为阿拉伯糖、葡萄糖和甘露糖,具有热稳定性和抗氧化、抑菌活性。研究拟采用响应面法对采集于云南省保山市的小粒咖啡生豆多糖的水提工艺进行优化,结合傅里叶变换红外光谱(FT-IR)和扫描电镜(SEM)对其结构和微观特征进行表征,并对其体外抗氧化能力进行评估,旨在为咖啡生豆的综合开发利用及咖啡健康功能的研究提供参考。

1 材料与方法

1.1 原料

1.1.1 原料与试剂

小粒咖啡生豆:采自云南省保山市新寨村的小粒咖啡经水洗法制备成生豆;

2,2'-联氮-双-3-乙基苯并噻唑啉-6-磺酸(ABTS)、1,1-二苯基-2-三硝基苯肼(DPPH)、2,4,6-三吡啶基三嗪(TPTZ);分析纯,上海瑞永生物科技有限公司;

Trolox;分析纯,合肥博美生物科技有限公司;

乙醇:95%,天津市优普化学试剂有限公司;

$K_2S_2O_8$ 、 KH_2PO_4 、 $Na_2HPO_4 \cdot 12H_2O$ 、 $FeCl_3 \cdot 6H_2O$;分析纯,西陇化工股份有限公司。

1.1.2 主要仪器设备

旋转蒸发仪:RE-2000B型,上海亚荣生化仪器厂;

分光光度计:722型,上海菁华科技有限公司;

电动离心机:800型,常州丹瑞实验仪器设备有限公司;

傅里叶红外光谱仪:Bruker Tensor 27型,日本岛津公司。

1.2 试验方法

1.2.1 提取流程

咖啡生豆→粉碎→提取→冷却→离心→上清液→50℃浓缩→加入乙醇沉淀→静置18h→离心→沉淀→冷冻干燥→粗多糖

1.2.2 多糖得率计算

$$c = \frac{m_1}{m_2} \times 100\%, \quad (1)$$

式中:

c ——多糖得率,%;

m_1 ——咖啡生豆粗多糖质量,g;

m_2 ——咖啡生豆干重质量,g。

1.2.3 咖啡生豆多糖提取单因素试验

(1) 提取温度:称取3g咖啡生豆粉末,液料比($V_{\text{水}}:m_{\text{咖啡生豆}}$)15:1(mL/g),提取时间90min,浓缩体积1/8,乙醇体积分数75%,考察提取温度(50,60,70,80,90℃)对多糖得率的影响。

(2) 提取时间:称取3g咖啡生豆粉末,液料比15:1(mL/g),提取温度80℃,乙醇体积分数75%,考察提取时间(30,45,60,75,90min)对多糖得率的影响。

(3) 液料比:称取3g咖啡生豆粉末,提取温度80℃,提取时间90min,浓缩体积1/8,乙醇体积分数75%,考察液料比[5:1,10:1,15:1,20:1,25:1(mL/g)]对多糖得率的影响。

(4) 乙醇体积分数:称取3g咖啡生豆粉末,液料比15:1(mL/g),提取时间90min,提取温度80℃,浓缩体积1/8,考察乙醇体积分数(70%,75%,80%,85%,90%)对多糖得率的影响。

1.2.4 咖啡生豆多糖提取响应面试验 根据单因素试验结果,选取对咖啡生豆多糖得率影响较大的提取温度、提取时间和液料比3个因素,运用Box-Behnken设计响应面试验,以多糖得率为指标进行咖啡生豆多糖提取工艺优化。

1.2.5 咖啡多糖结构的表征 分别采用傅里叶红外光谱仪和扫描电子显微镜对咖啡生豆多糖样品进行扫描。

1.2.6 咖啡多糖体外抗氧化活性评价

(1) DPPH自由基清除能力:参照文献^[18]的方法开展不同质量浓度咖啡生豆多糖(0.0,0.5,1.0,1.5,2,2.5,3.0,3.5,4.0,4.5,5.0mg/mL)DPPH自由基清除试验,按式(2)计算清除率,结果以 IC_{50} 表示。

$$I = \frac{A_0 - A_s}{A_0} \times 100\%, \quad (2)$$

式中:

I ——DPPH自由基清除率,%;

A_s ——含样品的溶液吸光度;

A_0 ——不含样品的溶液吸光度。

(2) ABTS自由基清除能力:参照文献^[19]的方法开展咖啡生豆多糖(5mg/mL)ABTS自由基清除试验,Trolox为标准品(0,6,12,18,24,30,36,42,48μmol),结果以Trolox当量表示。

(3) FRAP抗氧化能力:参照文献^[19]的方法测定咖啡生豆多糖(1mg/mL)的FRAP抗氧化能力, $FeSO_4$ 为标准品(0,20,40,60,80,100,120,140,160,180,200μmol),结果以 Fe^{2+} 当量表示。

1.3 数据分析

运用Design Expert 8.0.6软件进行响应面设计

与分析。所有试验均平行测定 3 次,以平均值表示测定结果。

2 结果与分析

2.1 咖啡多糖提取单因素试验

咖啡生豆多糖提取单因素试验结果如图 1 所示。提取温度为 50~60 ℃ 时,咖啡生豆多糖得率呈逐渐升高的趋势;当升高至 60 ℃ 时,咖啡生豆多糖得率达到最大。但是,温度过高又可能引起多糖的氧化和降解,破坏多糖结构,造成多糖的损失,最终导致多糖得率降低^[19-20]。提取时间为 30~45 min 时,咖啡生豆多糖得率随提取时间的延长而增加;当时间延长到 45 min 时,咖啡生豆多糖

得率达到最大。但随着提取的持续进行,咖啡中所含的其他化学成分也被提取出来。同时,过长的提取时间还会导致多糖不稳定或发生水解。液料比从 5:1 (mL/g) 增加到 20:1 (mL/g) 时,咖啡生豆多糖得率随液料比的增大而逐渐升高;当液料比达 20:1 (mL/g) 时,咖啡生豆多糖得率达到最高。但是,过多的溶剂会使多糖溶解,进而不易析出沉淀。同时,大量的溶剂会造成浪费和后续浓缩工作量的增加。乙醇体积分数从 70% 升高到 75% 时,咖啡生豆多糖得率逐渐升高;当乙醇体积分数升高至 75% 时多糖得率达到最大。当乙醇体积分数继续升高时,某些特定结构的多糖会被除去,因而降低了多糖得率。

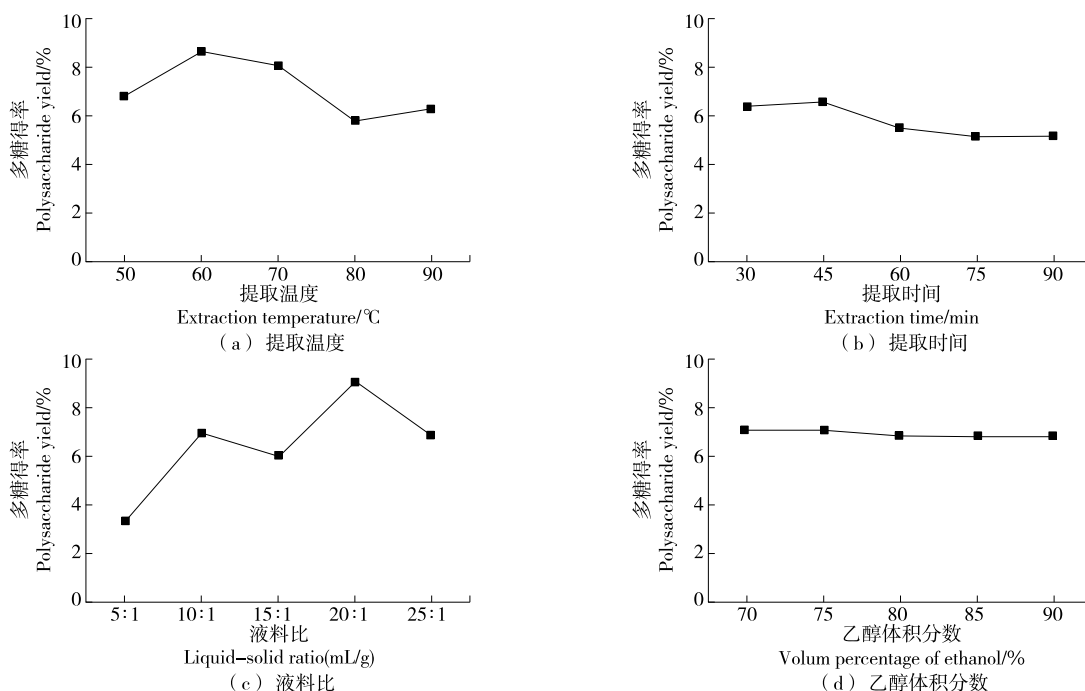


图 1 咖啡多糖提取单因素试验结果

Figure 1 Results of single factor test for extraction of coffee polysaccharide

2.2 咖啡多糖提取的响应面试验

根据单因素试验结果,乙醇体积分数对咖啡生豆多糖得率的影响相对较小;而提取温度、提取时间和液料比 3 个因素对咖啡生豆多糖得率影响相对较大。以咖啡生豆多糖得率为考察响应指标,响应面设计因素水平见表 1,响应面法设计与结果见表 2。

表 1 响应面因素水平表

Table 1 Response surface factor level

水平	A 提取温度/℃	B 提取时间/min	C 液料比(mL/g)
-1	50	30	15:1
0	60	45	20:1
1	70	60	25:1

由表 3 可知,总模型极显著($P < 0.01$),说明不同因素间差异显著,模型有意义;失拟项不显著($P > 0.05$),说明模型误差小、拟合度良好,模型的选择是合适的^[21-22]。根据各因素 P 值大小确定 3 个因素对咖啡生豆多糖得率的影响顺序为: $A > C > B$ 。

以提取温度(A)、提取时间(B)、液料比(C)为自变量,以多糖得率为因变量,通过 Box-Behnken 对各组合处理得到的多糖得率进行二次回归分析,建立多元二次响应面回归模型:

$$Y = 9.70 - 0.40A + 0.11B + 0.24C + 0.36AB + 0.30AC + 0.10BC - 1.39A^2 - 1.21B^2 - 0.51C^2. \quad (3)$$

咖啡生豆多糖提取工艺中各因素交互作用对咖啡生豆多糖得率的交互作用和响应面图见图 2。根据图 2 可

表 2 响应面试验设计与结果

Table 2 Design and results of response surface experiment

序号	A	B	C	Y 多糖得率/%
1	0	0	0	9.902
2	0	0	0	9.911
3	1	0	1	8.208
4	1	1	0	6.986
5	0	0	0	9.919
6	0	0	0	8.875
7	1	-1	0	5.878
8	-1	-1	0	7.951
9	0	-1	1	8.114
10	0	-1	-1	7.820
11	0	0	0	9.912
12	-1	1	0	7.617
13	1	0	-1	7.142
14	-1	0	1	7.859
15	-1	0	-1	7.995
16	0	1	1	8.358
17	0	1	-1	7.656

知,A 和 B、A 和 C、B 和 C 均相互影响但交互作用不显著。

A、B、C 3 个因素的响应面法优化结果为: A (58.82 ℃)、B(45.54 min)、C(21.02 : 1)。根据实际控制

表 3 咖啡生豆多糖得率方差分析结果[†]

Table 3 The results of variance analysis of extraction rate of polysaccharide from green coffee beans

方差来源	平方和	自由度	均方	F 值	P 值	显著性
回归模型	19.63	9	2.18	10.01	0.003 1	显著
A	1.29	1	1.29	5.90	0.045 4	显著
B	0.09	1	0.09	0.42	0.538 3	
C	0.46	1	0.46	2.13	0.188 0	
AB	0.52	1	0.52	2.39	0.166 3	
AC	0.36	1	0.36	1.66	0.238 8	
BC	0.04	1	0.04	0.19	0.675 2	
A ²	8.15	1	8.15	37.40	0.000 5	显著
B ²	6.11	1	6.11	28.06	0.001 1	显著
C ²	1.10	1	1.10	5.07	0.059 1	
残差	1.52	7	0.22			
失拟项	0.67	3	0.22	1.03	0.467 8	不显著
纯误差	0.86	4	0.21			
总差	21.16	16				

[†] $R^2=0.927\ 9;R^2_{\text{adj}}=0.835\ 3$ 。

提取条件为:提取温度 59 ℃、提取时间 45 min、液料比 21 : 1 (mL/g)、浓缩体积 1/8 和乙醇体积分数 75%,进行 3 次平行验证实验。结果显示该条件下,咖啡生豆多糖平均得率9.56%,相对误差 0.016%。该优化条件可靠,可作为咖啡生豆多糖的最佳提取条件。

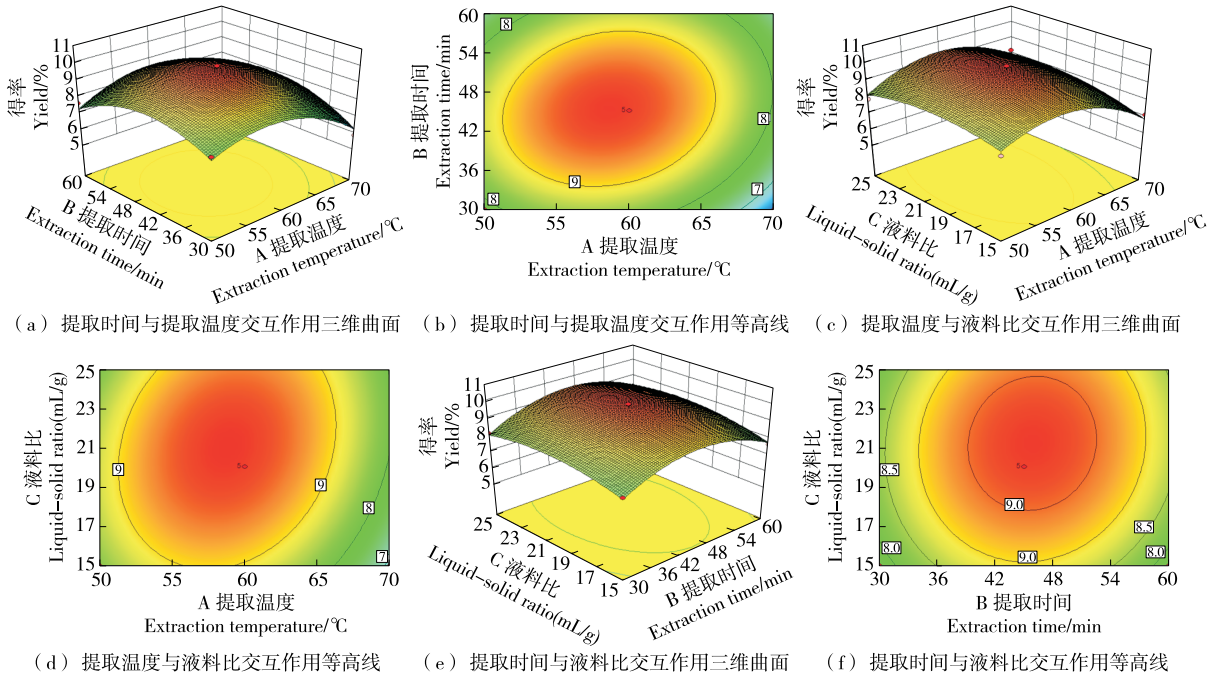


图 2 影响咖啡生豆多糖得率的三维曲面和等高线

Figure 2 Three-dimensional surface plot and contour map for the interactive effecting the yield of polysaccharide from green coffee beans

2.3 咖啡多糖结构特征分析

2.3.1 咖啡多糖红外光谱特征分析 如图 3 所示,咖啡生豆多糖样品在 $3\ 300\text{ cm}^{-1}$ 处有宽、强的 O—H 伸缩振动吸收峰; $2\ 934\text{ cm}^{-1}$ 显示糖类甲基 C—H 伸缩振动吸收峰; $1\ 656\text{ cm}^{-1}$ 处较弱的糖的水化物特征吸收峰; $1\ 394\text{ cm}^{-1}$ 处显示 C=O 和 C—H 基团的对称伸缩振动吸收峰; $1\ 272, 1\ 131, 1\ 072\text{ cm}^{-1}$ 处显示了 α -(1 $\rightarrow$ 6)糖苷键的 C—O—C、C—O—H 的伸缩振动吸收峰^[23]。通过解析,表明咖啡生豆多糖样品的红外光谱图呈现了典型的多糖红外光谱特征^[4]。

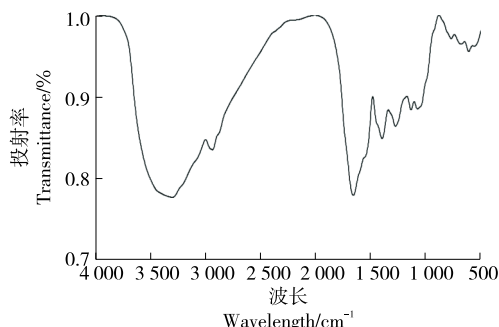


图 3 咖啡生豆多糖红外光谱图

Figure 3 FT-IR spectra of polysaccharide from green coffee beans

2.3.2 咖啡多糖扫描电镜结果分析 如图 4 所示,500 倍时,观察到紧致且凹凸不平的咖啡生豆多糖表面有褶皱和大裂缝,表明多糖链已经形成^[24]。2 000 倍时,可明显观察到多糖表面的大量气孔和凹槽。10 000 和 20 000 倍时,可清晰观察到多糖紧致的表面和孔状形态。咖啡生豆多糖所呈现出的表面形貌和微观结构特征可能与提取方式、自身结构、冻干过程等因素有关^[25]。同时,也说明咖啡生豆多糖是一类具有多孔结构的大分子物质。

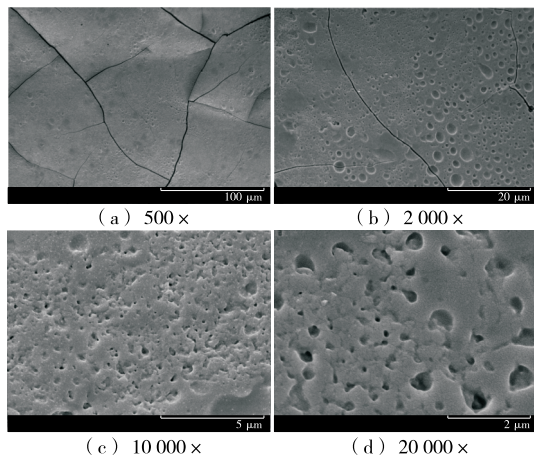


图 4 咖啡生豆多糖电子扫描电镜图

Figure 4 Scanning electron microscope of polysaccharide from green coffee beans

2.4 咖啡生豆多糖抗氧化活性

咖啡生豆多糖对 DPPH 自由基的清除能力见图 5, DPPH 自由基清除能力随多糖浓度的增加而增强, IC_{50} 为 2.32 mg/mL ; FRAP 法测得铁还原能力为 $0.948\text{ mmol Fe}^{2+}/\text{g GBP}$ 。氧化损伤与多种疾病密切相关,多糖不仅具有抗氧化作用^[26],还可以通过抗氧化作用而发挥其他药效功能^[27]。

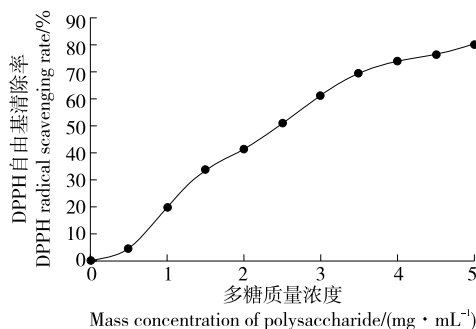


图 5 咖啡生豆多糖 DPPH 自由基清除率

Figure 5 DPPH free radical scavenging rate of polysaccharide from green coffee beans

3 结论

咖啡豆作为咖啡的主要产品,广大消费者除关注其风味和口感外,同样关注健康功能和价值。咖啡中含有丰富的活性成分,这些成分显示了多样的生物活性。通过响应面优化确定了水提咖啡生豆多糖的最佳条件为提取温度 $59\text{ }^{\circ}\text{C}$ 、提取时间 45 min 、液料比($V_{\text{水}}:m_{\text{咖啡生豆}}$) $21:1\text{ (mL/g)}$ 、浓缩体积 $1/8$ 及乙醇体积分数 75% ,此条件下咖啡生豆多糖得率为 9.56% 。多糖对 DPPH 自由基、ABTS 自由基清除能力分别为 2.32 mg/mL (IC_{50})、 $0.011\text{ mmol Trolox/g GBP}$,铁还原能力为 $0.95\text{ mmol Fe}^{2+}/\text{g GBP}$ 。咖啡生豆多糖是具有抗氧化活性的不规则孔状结构多糖,对其进行必要的研究是进一步促进咖啡健康功能开发的关键,具有进一步研究和开发的价值。

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