Fruits were photographed and their weight and dimensions (length and width) were measured. Dry matter was obtained by placing ground fruit samples in an oven at 40 0C for 48 hours. HPLC analyses were carried out on both raw and cooked fruit pulp to identify and quantify carotenoids [78]. Fruits were then ground to flour for subsequent measurements of protein, ash, fiber and oil content. Ash, which provides a measure of the total amount of minerals within a food, was measured by incinerating the flour obtained from the fruits in an oven at 550 ⁰C for 3 hours. Raw fibre content was determined by combustion of the dry matter residue of the flour samples, after a digestion with acids and base reagents. Nitrogen content was quantified in a colorimeter (660 nm wavelength) after digesting the fruit flour with sulfuric acid, selenium and salicylic acid; protein content was estimated multiplying the nitrogen content by a factor of 5.6 [79]. Oil content was determined by extraction from the flour with hexane [80]. Starch was isolated from the flour and analysed by RVA (Rapid Visco Analyser). Starch functional properties were determined by a RVA (Rapid Visco Analyzer) on a 10% starch suspension. The temperature profile used started at 50 ⁰C, increased to 93 ⁰C (6 °C/minute), maintained the temperature for 5 minutes and then decreased to 50 ⁰C again (6 ⁰C/minute). Pasting temperature and maximum viscosity were recorded.