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PASTRY OF HEALTH DIRECTION

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ЗДОБНІ ВИРОБИ ОЗДОРОВЧОГО СПРЯМУВАННЯ

Thousands of natural and artificial food products are used in the structure of modern human nutrition. Quantitative indicators of life turn into qualitative ones, so we are increasingly careful about what we consume. The purpose of food products is not only to satisfy hunger, but also to prevent diseases associated with unbalanced, irrational eating.

Currently, in order to overcome such diseases as cardiovascular, infectious, gastrointestinal, nervous, diabetes, the search for medicinal plants for their practical use remains relevant. Among them is the herbaceous plant of the genus *Tagetes* L. In folk medicine, decoctions of its various parts are used for the prevention and treatment of diabetes and pancreatitis, to improve metabolism and liver function, vision, as well as as a sedative, etc.

The recipe for pastry includes a significant amount of sugar, i.e. sucrose with a glycemic index of 60% and a calorie content of 398 kcal. In addition, due to the use of wheat flour of the highest grade with a low content of vitamins, complete proteins, fiber and a significant amount of starch, the glycemic index of the products increases.

In order to increase the content of nutrients and reduce the rate of glucose absorption by the human body, it was decided to add an aqueous extract of marigold flowers, blueberry and tomato puree during the kneading of the buttery dough. The expediency of using berries and tomatoes is explained by their high sugar content - 3.98 - 10.5%, among which fructose predominates. This makes it possible to reduce the prescribed amount of sucrose, and accordingly reduce the load on the pancreas and the digestive system as a whole. This raw material is used in dietary nutrition for the prevention of diabetes.

Sensory evaluation of the finished product was carried out and it was established that the presence of marigold extract, blueberry berries and tomatoes in the recipe composition of the butter bun contributes to the formation of products with good dimensional stability, delicate, fine-porous pulp and a pleasant aroma.

Thus, the implementation of the proposed solution will allow to diversify the assortment of health-oriented bakery products.

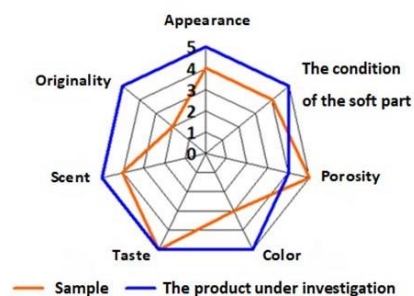


Fig. 1. Profile of bun quality indicators

Reference

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