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Частина 1

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7. Use of rabbit meat for special nutrition products

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Introduction. Ensuring the health of the population in modern environmental conditions can products based on meat in combination with plant raw materials in their recipe. In the technology of meat products, a special niche belongs to the use of rabbit meat. The high nutritional and biological value of rabbit meat is determined, first of all, by the significant protein content (about 21.0%). The complex of vitamins and minerals in rabbit meat surpasses any other meat.

Materials and methods. The object of research is rabbit meat, chopped semi-finished products, dietary fiber of pumpkin and carrots. Organoleptic, physicochemical, indicators were studied using generally accepted methods.

Results. Rabbit meat is considered one of the dietary types of meat, as it has a low calorie content - 156 kcal per 100 g of product. It contains complete protein (21.5 g per 100 g of product), fat (11.0), minerals and vitamins. Along with chicken and veal, it belongs to the so-called white meat, but it contains relatively little indigestible collagen and elastin. 19 amino acids were found in rabbit protein, including all essential ones, among which the most are lysine - 10.43%, methionine and tryptophan - 2.37 and 1.55%, respectively. It is important that heat treatment does not change the qualitative composition of amino acids, but only affects their quantity.

Mineral substances of muscle tissue make up 1-1.5%. In terms of vitamin content, rabbit meat is superior to pig meat. Plant raw materials are often used as functional ingredients in the technology of meat products based on the principles of food combinatorics. It is considered a source of such indispensable components as dietary fiber, vitamins, macro- and microelements, carbohydrates unique in their composition and properties, phytoncides and other biologically active substances.

The aim of the research was to develop chopped semi-finished products based on rabbit meat using dietary fiber from pumpkin and carrot. Pumpkin surpasses many other vegetables in terms of the content of biologically active substances.

Pectin substances contained in pumpkin pulp in large quantities contribute to the excretion of toxic exogenous and endogenous substances and cholesterol from the body. Pumpkin, due to the absence of a pronounced odor, practically does not distort the aroma of meat products. The inclusion of pumpkin pulp in the recipe of chopped semi-finished products based on rabbit meat significantly reduces the energy value of the product, enriches it with β -carotene, a complex of vitamins and trace elements, as well as pectin substances.

Conclusions. Given its high biological value, rabbit meat is recommended to be included in diets for therapeutic nutrition. According to nutritionists, regular consumption of rabbit meat contributes to the normalization of fat metabolism, optimization of the balance of nutrients. The use of dietary fiber allows us to recommend semi-finished products in the diet of children, the elderly and patients with gastrointestinal pathologies.

Literature.

1. O. Haschuk, O. Moskalyuk, M. Medyanyk N. Kobyletsky. The use of non-traditional raw materials in the technology of meat pastes. Materials of the 88th International Scientific Conference of Young Scientists, Postgraduate Students and Students "Scientific Achievements of Youth - Solving the Problems of Human Nutrition in the 21st Century", April - May 2022. Kyiv. NUHT, 2022. Part 1. p. 204.