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**Galenko Oleg Oleksandrovich**  
cand. of techn. sciences, as. prof.  
ORCID ID: 0000-0002-0350-3338  
**Golovachko Valery Muhaylovich**  
student  
National University of Food Technologies  
Kyiv

## **MEAT PIES WITH SUPERFOODS LINEN FLOUR**

*Introduction.* Today there is only one plant, 100 g of which is enough to provide a person with full nutrition for the whole day. These are flax seeds. That is why flax seeds and its beneficial properties are so widely used in medicine - in both traditional and folk.

Most often, flax seeds for gastritis are a protective and anti-inflammatory agent. Such action is explained by the high content of mucus: it as a film covers the affected mucous membrane and prevents its irritation. Therefore, the pain is reduced, the mucosa without constant mechanical effects on it calms down, the healing process begins.

*Materials and methods.* Flax seeds in their properties and size were similar to the overseas Chia seeds. The beneficial properties of the seeds are due to the fact that it contains all the necessary plant proteins and trace elements for humans.

The trend today is superfoods. Superfoods are called plant products in which the concentration of vitamins and nutrients exceeds all previously known indicators.

Superfoods include berries, leaves, roots, algae and other parts of some plants that have a positive effect on the human body.

It is especially important that in its composition there are a lot of unsaturated fatty acids: Omega-3 (linolenic acid), Omega-6 (linoleic acid) – their combination is also called vitamin F, Omega 9 (oleic acid), folic acid, vitamin E, phytohormones and fiber.

*Research results.* The analysis of the literature has shown the feasibility and perspective of using non-traditional raw materials – native flax seeds to enhance the

energy and biological value of the finished product.

The main advantages of flax seeds have been found to be a high content of biologically valuable protein, with a high content of easily digestible fractions and fat with a high content of essential fatty acids, which provide products with its increased biological value.

However, the presence in the flax seeds of nutrients indicates the need to use additional methods of heat treatment (including extrusion).

The chemical composition and biological value of flax seed protein of different varieties grown on the territory of Ukraine were determined and their comparative characteristics were conducted. It has been found that all the tested flax seed samples have a high biological value and are a promising raw material in the production of meat additives.

For further research, the flaxseed «Magic» is selected because it has the highest amount of protein (25 %), which is crucial when choosing raw materials and the least amount of fat (20,7 %).

*Conclusions.* Based on the above data, we are working on the development of sausage-based food products with the addition of flax seed additives to improve the health of the state's population.

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