

32. Use of fiber from sunflower seeds in the technology of meat pates

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Introduction. Nutrition is the basis of all life processes of the body. It is necessary for continuous renewal of cells and tissues, compensation of energy expenditure, formation of various regulators of vital activity.

Metabolism, function, structure of cells and organs depend on the nature of nutrition. Nutrition is a complex process of intake and digestion of food, absorption and assimilation of proteins, fats, carbohydrates, vitamins, minerals, and water by the body.

One of the optimal solutions to the problem of improving nutrition is the production of pastes, which are often recommended for intestinal diseases, namely gastritis, as they contain ingredients of animal and vegetable origin in a form easily accessible to digestive enzymes.

Meat and pork by-products, fiber from sunflower seeds, onions, salt, and pepper are proposed to be used as components of meat pâtés with added fiber developed in scientific work.

Materials and methods. Dietary fibers in the meat industry are used in the production of all groups of meat products. The use in the technology of combined meat products of cereal processing allows to increase the nutritional and biological value of products, contributes to a stable and uniform distribution of ingredients, which leads to the creation of a product of stable quality.

The results. As components of the developed meat pastes with the addition of fiber, it is proposed to use meat and pork offal, fiber from sunflower seeds, onions, salt, and pepper.

According to Nutrition Data, the nutritional value of sesame seeds in 100 g is: carbohydrates: 20 g; fats: 52 g; proteins: 21 g; vitamin E: 35.2 mg (234% of the daily norm); calcium: 78 mg (6% of the daily norm); iron: 5.3 mg (29% of the daily norm); magnesium: 325 mg (77% of the daily norm); potassium: 645 mg (14% of the daily norm); zinc: 5 mg (45% of the daily norm). Energy value of sunflower seeds: 584 kcal.

When developing recipes for model systems of meat pâtés, it is suggested to use poultry meat and by-products, onions, salt, pepper, sunflower seed fiber, hydrated 1:3 in the amount of 1-4%.

Conclusion. The use of fiber from sunflower seeds, hydrated 1:3 in the technology of meat pate, will allow to obtain a product with health and preventive properties.

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