

## **INFLUENCE OF SUNFLOWER LECITHIN ON QUALITY INDICATORS OF WHEAT BREAD**

**Shevchenko A., Associate Professor**  
*National University of Food Technologies, Kyiv*

Food additives play an important role in the process of manufacturing food products. In the technology of bakery products, food additives are used, in particular, emulsifying agents - lecithin. In addition, lecithin participates in almost all biochemical processes of the human body, in the formation of cell membrane structures. It is advisable to use sunflower lecithin, because it helps to lower cholesterol, improves digestion and contains a high percentage of phosphatidylcholine, which is recommended for use in diseases of the gastrointestinal tract. This type of lecithin does not contain GMOs unlike soy lecithin.

In order to determine the effect of lecithin on the quality indicators of dough and bread with its content, samples with the addition of 3% sunflower lecithin to the mass of flour were studied. The control was a sample without lecithin. The quality of bread was assessed according to sensory and physical and chemical indicators, namely, specific volume, porosity, dimensional stability, acidity.

According to sensory indicators, the product met the standard, the addition of lecithin did not affect the color, taste and smell of the products. Porosity remains uniform, small, thin-walled.

The acidity of the dough samples did not change, but the gas-forming capacity increased by 0.9%. This can be explained by the presence of choline in the composition of lecithin, which improves the fermentation capacity of yeast, which has a positive effect on the condition of yeast cells.

The specific volume of bread increased by 4.5%, which correlates with increased gas formation. The dimensional stability of bread also increased by 8.9%. At the same time, the porosity of the products improved by 2.7%.

Considering the valuable properties of sunflower lecithin both for improving the properties of dough and bread, and for the human body, it is a promising raw material for use in bakery production.