TECHNOLOGY OF «SORRENTO» CANNELLONI WITH THE INCREASED MAINTENANCE OF IODINE AND FOLACIN

V. Korzun, I. Antonyuk

From the amount of iodine in a human organism, functioning of thyroid gland makes it dependent on hormones containing iodine, which regulates functioning of vitally important organs. Vitamin $B_9$ is an important matter for the organism of a human. It is among the components of many food products like folates.

The authors substantiated and developed the newest technologies of flour products enhance with iodine and vitamin $B_9$.

The article studies algae luminary (Tis U 039-00462769), spinach (GOST 55650-2013) and cannelloni with stuffing from soul-milk cheese.

Sensory, physical and chemical methods of research, methods of planning and mathematical treatment of the experiment are applied for the research.

Cannelloni is pasta in the form of tubes stuffed with different fillings. For the increase of the content of iodine and vitamin $B_9$, the authors developed the technology of «Sorento» cannelloni with the use of spinach and luminary. Rational content of luminary is about 0,25 g per 80 g of stuffing, that is 0,3% from the total mass of stuffing.

Analyses of the results of researches showed that iodine appeared in the developed foods in the amount satisfying daily needs of the organism of an expectant mother on 100%. The content of vitamins increased: $E$ – on 34,71%, $B_1$ – on 50%, $B_2$ – on 46,15%, $B_9$ – 4.8 times.

The developed technology of cannelloni with filling from sour-milk cheese with the use of spinach and luminary enables to get new foods with the improved taste, enhance able food value with the help of iodine and vitamin $B_9$.

Keywords: iodine deficit diseases, luminary, vitamin $B_9$, spinach, cannelloni.