SEMI-FINISHED BISCUIT OF HIGH NUTRITIONAL VALUE WITH THE ADDITION OF FLEXSEED MEAL

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The article substantiates the need to enrich flour confectionery products with additives of plant raw materials containing dietary fibers, minerals and vitamins. As a possible component for improving the nutritional value of biscuit products, a linseed meal has been chosen. Flaxseed meal (fat-free flaxseed meal) is one of non-traditional source of nutrients that can be used in baking to improve the nutritional value of products. Flaxseed meal contains a large amount of nutrients and minerals, vegetable protein, B vitamins, macro- and microelements (potassium, magnesium, zinc, manganese, iron, molybdenum, copper, selenium, etc.), dietary fiber, antioxidants (lignans). Based on the literature sources, the analysis of the chemical composition of flax seeds has been made, with the identification of a specific biological effect and the functional properties of its constituents. Fibre of flaxseed meal, the component which gives volume and form to the majority of foodstuffs, is not hydrolyzed in the digestive tract; during the digestion process, fibre retains water and impedes cholesterol absorption. The researches on influence of the additive of flax flour on quality indicators of a biscuit semi-finished product have been carried out. The supplementation of flaxseed flour up to 4% showed no deleterious effect on the sensory attributes of biscuits. It has been established that the addition of flaxseed meal in an amount of 2% increases humidity of the finished products, but does not impair their structural and organoleptic properties, so it can be considered optimal.

Keywords: biscuit semi-finished product, flaxseed meal, biological and nutritional value, organoleptic quality indices, humidity of biscuit products.