Book of Abstracts

Innovation in Mediterranean Traditional Foods: Novel Products and Processes

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Editors:

Luana Fernandes - MORE– Laboratório Colaborativo Montanhas de Investigação – Associação, Portugal

Alexandre Gonçalves- MORE– Laboratório Colaborativo Montanhas de Investigação – Associação, Portugal

Lillian Barros - Centro de Investigação de Montanha (CIMO), Laboratório Associado para a Sustentabilidade e Tecnologia em Regiões de Montanha (SusTEC), Instituto Politécnico de Bragança, Portugal

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Sofia Nunes -MORE– Laboratório Colaborativo Montanhas de Investigação – Associação, Portugal

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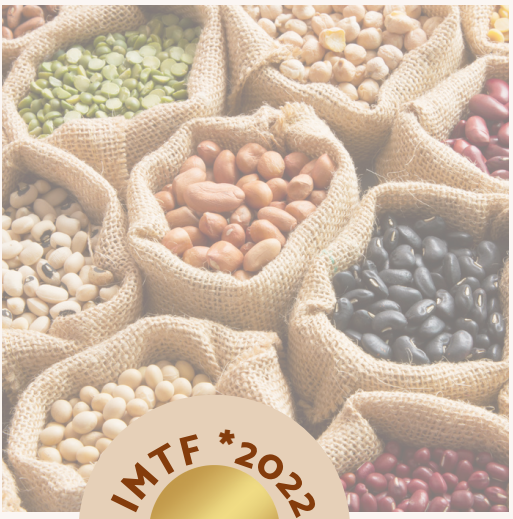

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- **Cristina Alamprese** [7]

- [1]MORE– Laboratório Colaborativo Montanhas de Investigação – Associação, Portugal
- [2]Centro de Investigação de Montanha (CIMO), Instituto Politécnico de Bragança, Portugal
- [3]Laboratório Associado para a Sustentabilidade e Tecnologia em Regiões de Montanha (SusTEC), Instituto Politécnico de Bragança, Portugal
- [4]Institut de Recerca i Tecnologia Agroalimentaries, Spain
- [5]Fraunhofer Gesellschaft Zur Forderung Der Angewandten Forschung EV, Germany
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- [7]University of Milan, Italy

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Traditional breads prepared with Portuguese thermal mineral waters: effects on centesimal and mineral composition

Fernanda Ferreira[1,2], Jonata M. Ueda[3,4], Tayse da Silveira[3,4], Sandrina A. Heleno[3,4], Rafaela Guimarães[1], André Lemos[1], Manuela Pintado[2], Maria José Alves[1,3,4], Lillian Barros [3,4*]

[1]AquaValor - Centro de Valorização e Transferência de Tecnologia da Água – Associação, Chaves, Portugal,
[2]CBQF – Laboratório Associado, Centro de Biotecnologia e Química Fina, Escola Superior de Biotecnologia, Universidade Católica Portuguesa, Porto, Portugal;
[3]Centro de Investigação de Montanha (CIMO), Instituto Politécnico de Bragança, Bragança, Portugal; Laboratório [4]Associado para a Sustentabilidade e Tecnologia em Regiões de Montanha (SusTEC), Instituto Politécnico de Bragança, Bragança, Portugal.
*lillian@ipb.pt

Thermal waters (TW) are natural mineral waters emerging from the inside of a thermal spring, being known for their mineral composition, therapeutic application or health beneficial effects. The Northern region holds one of the main centers of TW in Portugal, located in Chaves. Although it has been used in comestic and pharmaceutical fields, in food products it has been underexploited. Thus, this study aimed to evaluate the effect of TW incorporation on the centesimal and mineral composition of *Biju* bread, which is typically consumed in Portugal. Breads were prepared using 80% of TW from Chaves, Vila Real, Portugal. According to the obtained results, the incorporation of TW did not affect the content of moisture, proteins,
carbohydrates and energetic value. Compared with the *Biju* control, the mineral composition of potassium (K), sodium (Na), magnesium (Mg), iron (Fe) and zinc (Zn) increased in *Biju* bread with addition of TW and revealed the major minerals found in the sample. The total concentration minerals for both formulations (biju control and biju TW) ranged among 543,1658 and 599,4273 mg/100g FW, respectively. Thus, these results indicate that TW may be successfully incorporated in breads, adding value to regional products, and potentially improving their nutritional value.

Keywords: Centesimal composition; Minerals; Traditional food; Mineral water; *Biju* bread.