

**Book of Abstracts**

# **Trend in grain-based foods**

# **Transcolab Summit**

**March 23-25th  
2022**

**Title**

Trends in grain-based foods

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**ISBNs**

978-972-745-299-6

**Edition**

Instituto Politécnico de Bragança (IPB) - 2022

5300-253 Bragança, Portugal

Tel. (+351) 273 303 382

<http://www.ipb.pt>

**URL**

<http://esa.ipb.pt/graintrends/>

## 1° Trends in grain-based foods

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## Trends in grain-based foods

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# About

TRANSCOLAB is a European project that brings together universities, research centres, foundations, and companies from Castilla y León and Northern Portugal. This project intends to strengthen the connection between research institutions and companies, identifying the challenges and needs of the cereal industry and the existing scientific-technological capacities of the participating entities. It also aims to generate novel products, promote knowledge and innovation transfer, and develop a series of actions to promote innovative products and processes in the cereal sector, particularly in bakery and pastry.

Therefore, and because the project is coming to an end, the TRANSCOLAB partners organised an international congress, bringing together researchers and professionals to share innovative ideas in this field. The congress is divided into four different topics:

1. Past as key to the future (ancient grains, wholemeal products, and sourdoughs)
2. New Ingredients in grain-based products (Pseudocereals, pulses, and new flour sources)
3. Novel technologies, processes, and products
4. Sustainability and Circular economy.

The TRANSCOLAB SUMMIT team would like to thank you for your application to the congress, contributing to its success, with more than 170 registrations. The submitted works were received, processed, divided into two main categories (Oral Communications and Posters), and later distributed according to the aforementioned topics. In total, 34 Oral and 42 Panel Communications will be presented, joined by three Technical Communications and six plenary lectures. Moreover, the TRANSCOLAB SUMMIT will start with a Traditional and Innovative Bakery workshop, with 45 participants. On the SUMMIT's last day, we will have a discussion panel regarding "Myths and truths regarding cereal consumption". Once again, we would like to thank you all for attending our congress, and we hope to see you again at future research events.

The TRANSCOLAB SUMMIT team.

<b>About</b>	<b>6</b>
<b>Plenary Session</b>	<b>18</b>
<b>Technical presentation</b>	<b>26</b>
<b>Oral session</b>	<b>31</b>
<b>Poster Communication</b>	<b>73</b>

# Oral Session

Section 1: Past as key to the future (ancient grains, wholemeal products, and sourdoughs)

<b>OC-01: Acorn flour: an ingredient from the past ready for the future</b>	
Rita Beltrão Martins	35
<b>OC-02: Technological and nutritional characterization of wheat from ancient crops</b>	
Katerina Athinaïou	36
<b>OC-03: Broadening food security through grain-based solutions: african millets and their cabo verde an wild relative</b>	
Vanézia Rocha	37
<b>OC-04: Rice authenticity traceability, elements of sustainability and quality differentiation</b>	
Carla Brites	38
<b>OC-05: Comparative analysis of the chemical composition of different portuguese bread</b>	
Manuel Ayuso	39
<b>OC-06: The impact of <i>Tribolium castaneum</i> infestations on quality of wheat flour for bread-making</b>	
Maria Otilia Carvalho	40
<b>OC-07: Yeast protein extract as an alternative protein in the formulation of mayonnaise</b>	
Ana Catarina Ribeiro	41

Section 2: New Ingredients in grain-based products (Pseudocereals, pulses, and new flour sources)

<b>OC-08: Non-conventional seeds for the development of new bakery products: a new trend or myth?</b>	
Maria Inês Dias	43
<b>OC-09: Fig (<i>Ficus carica</i> L.) bioresidues as sources of bioactive compounds and natural pigments for the food industry</b>	
Carlos S. H. Shiraishi	44
<b>OC-10: Risk/benefits of new ingredients added to novel cereal-based formulations</b>	
Marta Mesias	45
<b>OC-11: Microalgae as a valuable ingredient for bread enrichment: influence on the dough rheology and bread making performance</b>	
Anabela Raymundo	46
<b>OC-12: <i>Psyllium</i>: a natural bakery improver</b>	
María Franco	47
<b>OC-13: Mineral and proximate composition of commercial plant-based flours.</b>	
Yamina Absi	48
<b>OC-14: Cereals and pseudocereals contaminated with tropane alkaloids: analytical tools to assure food safety</b>	
Jesús Marín Sáez	49

<b>OC-15: Optimisation of hydrocolloids doses in gluten-free bread made of flaxseed and red lentils flour blend</b>	
Beatriz Nunes Silva	50
<b>OC-16: A breakthrough on Bread Formulation: Natural mineral Water as a Novel Functional Ingredient</b>	
Fernanda Ferreira	51
<b>OC-17: Hydroethanolic extract of <i>Ocimum basilicum</i> 'cinnamon' as a natural preservative for the food industry</b>	
Eleomar Pires Jr.	52
<b>OC-18: The potential of aromatic extracts to enhance the sensory perception of bread</b>	
Vanessa Vieira	53
<b>OC-19: Dairy gluten-free bread: technological, nutritional, and functional enhancement by curd cheese supplementation</b>	
Isabel Sousa	54
Plenary session 3: Novel technologies, processes, and products	
<b>OC-20: Electric fields - A promising technology towards sustainable processing of grain-based foods</b>	
Ricardo N. Pereira	56
<b>OC-21: Extruded formulations based on rice and chickpea: dietary fiber and oligosaccharides</b>	
Erika N. Vega	57
<b>OC-22: Bread freezing as a new alternative to consumption</b>	
Liege Pascoalino	58
<b>OC-23: Study of the turbo-technology potential in the production of gluten-free ingredients and potato-based pasta</b>	
Carola Cappa	59
<b>OC-24: Application of short-time high hydrostatic pressure treatments to whole buckwheat grains to modulate the functional properties of the resulting flours</b>	
Ángel L. Gutiérrez	60
<b>OC-25: Physical modification of rice flour via ultrasonication. Influence of treatment time and temperature</b>	
Antonio J. Vela	61
<b>OC-26: Improving the nutritional value of cold-pressed oilseed cakes through extrusion cooking</b>	
Natalia P. Vidal	62
<b>OC-27: Enrichment of fresh egg pasta with antioxidant extracts obtained from wild Italian <i>Plantago coronopus</i> L. and <i>Chicorium intybus</i> L. and quality characterisation of the fresh end product</b>	
Costanza Ceccanti	63
<b>OC-28: New ingredients in the preparation of cookies to mitigate acrylamide content</b>	
Rosalía Lopez-Ruiz	64
<b>OC-29: Applicability of near infrared spectroscopy on wheat flour supplemented with lentil flour</b>	
Miriam Hernandez-Jimenez	65

## Plenary session 4: Sustainability and Circular economy

<b>OC-30: Flours made from fruit by-products as sustainable innovative ingredients: are their minerals bioaccessible?</b>	
Isabel Maria Ferreira	67
<b>OC-31: Cereal milling by-products as sources of nutrients and antioxidant phenolic compounds</b>	
Rossana Cardoso	68
<b>OC-32: Response surface methodology applied to essential oil extraction of eucalyptus leaves</b>	
Hanine Hached	69
<b>OC-33: Development of a fermented plant-based beverage from discarded bread flour</b>	
Teresa Sigüenza-Andrés	70
<b>OC-34: Study of the phenolic profile and bioactive potential of cardoon bracts as a promising functional ingredient</b>	
Filipa Mandim	71

## COMPARATIVE ANALYSIS OF THE CHEMICAL COMPOSITION OF DIFFERENT PORTUGUESE BREAD

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Bakery products are one of the most widely consumed foods in the world. Among them, bread is daily consumed by all social classes due to its macro (carbohydrates, protein, and fat) and micronutrients (minerals and vitamins). However, the refined wheat used in traditional baking diminishes its nutritional quality by reducing its dietary fibre, vitamins, minerals, and phytochemicals<sup>1</sup>. In addition, studies have been showing some health-related problems associated with obesity and diabetes. Compared with others made with different cereals or whole grains, traditional bread tends to be less satiating and increase the postprandial glycaemic index<sup>2</sup>. Thus, the great challenge of the cereal industry today is to innovate and reinvent a large part of its products, mainly by changing the traditional composition of food products, since it seems to be an effective method to improve the diet. Alternatives such as whole grains, other cereals or the incorporation of protein-rich flours such as legumes may help improve the nutritional quality of bread and have a favourable impact on consumers' health<sup>3</sup>. Thus, in this study, a comparative analysis, and chemical parameters among two traditional wheat bread (smoked sausage and cheese, SSCB; and wine, WB) and five non-conventional bread supplemented with different cereals (rye, RB; legumes and cereals, LCB; biological seed, BSeB; biological spelt, BSpB; and chickpea and sprouted seeds, CSSB) was performed. The bread centesimal composition was evaluated by AOAC official procedures; free sugars using HPLC-RI, and fatty acids by GC-FID. Regarding the chemical characterisation of traditional bread, SSCB showed a high protein concentration ( $9.95 \pm 0.02$  g 100g<sup>-1</sup> FW). However, it was also the bread with the highest amount of fat and a high percentage of saturated fatty acids ( $6.1 \pm 0.1$  g 100g<sup>-1</sup> FW and  $67.1 \pm 0.4$  %, respectively). WB revealed the highest concentration of free sugars ( $37.6 \pm 1.8$  g 100g<sup>-1</sup> FW). In general, the non-conventional bread presented lower energy and higher polyunsaturated fatty acids than the traditional. Additionally, RB, BSpB, and CSSB presented the lowest fat concentration, with CSSB showing the highest concentration of dietary fibre ( $7.2 \pm 0.4$  g 100g<sup>-1</sup> FW). This study demonstrates that incorporating alternative flours produces bread of higher nutritional quality. In general, non-conventional bread is lower in calories, fat and have a higher percentage of polyunsaturated fatty acids and dietary fibre.

### References

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### Acknowledgments

The authors are grateful to the Foundation for Science and Technology (FCT, Portugal) for financial support by national funds FCT/MCTES to CIMO (UIDB/00690/2020); national funding by F.C.T. and P.I., through the institutional scientific employment program-contract for L. Barros contracts. The authors are also grateful to FEDER-Interreg España-Portugal programme for financial support through the project TRANScoLAB 0612\_TRANS\_CO\_LAB\_2\_P. Manuel Ayuso is grateful to the LOCALNUTLEG project (PRIMA programme, Call 2020, Section 1 2021 Agrofood Value Chain topic I.3.1.) for his postdoctoral research grant.