

# Book of Abstracts

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## Innovation in Mediterranean Traditional Foods: Novel Products and Processes

13th-14th October 2022



montanhas  
de investigação



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DE BRAGANÇA



Centro de  
Investigação  
de Montanha

**Title:**

Innovation in Mediterranean Traditional Foods: novel products and processes

**Editors:**

Luana Fernandes, Alexandre Gonçalves and Lillian Barros

**Design:**

Sofia Nunes

**ISBNs:**

978-972-745-311-5

**Edition:**

Instituto Politécnico de Bragança (IPB)

5300-253 Bragança, Portugal

Tel. (+351) 273 303 382

<http://www.ipb.pt>

**URL**

<https://imtf.morecolab.pt>



## Bioresidues of *Eugenia* fruits as a source of functional ingredients: application in a bakery product

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*Eugenia brasiliensis* Lam (EB) and *Eugenia involucrata* DC (EI) are Brazilian fruits that are still little known; however, some local food industries use these fruits in the confection of frozen pulps and ice creams, processing that can generate bioresidues with no commercial value, but that can have interesting nutrition value and could be a source of bioactive compounds. Therefore, the aim of this study was to develop functional flours from these bioresidues. For this, lyophilized peels and seeds of EB and EI were processed separately until obtaining a flour, then these were analyzed regarding their nutritional value (AOAC methodologies), and bioactive potential, namely by the determination of total phenols and antioxidant activity (by DPPH and TBARS assays). From the flours, cookies were developed with the substitution of different proportions of flours, and these were assessed through the same parameters described above. As result, the flours showed a high amount of dietary fibers (EB - 49 g/100 g and EI - 55 g/100 g) and high antioxidant activity. Likewise, the cookies also had a good amount of dietary fibers, excellent content of total phenols and antioxidant activity. The results showed that the bioresidues of *Eugenia* fruits can be useful for the development of functional foods with low cost.

**Keywords:** Functional food; Antioxidant activity; Dietary fiber; By-product

**Acknowledgements:** The authors are grateful to the Foundation for Science and Technology (FCT, Portugal) for financial support through national funds FCT/MCTES (PIDDAC) to CIMO (UIDB/00690/2020 and UIDP/00690/2020) and SusTEC (LA/P/0007/2021) and B.R. Albuquerque research grant (SFRH/BD/136370/2018). L. Barros also thanks FCT through the institutional scientific employment program—contract for her contract.