



## TRADITIONAL FERMENTED WHEAT: NUTRITIONAL QUALITY AND SENSORY EVALUATION OF BREAD PRODUCED FROM COMPOSITE FERMENTED WHEAT FLOUR

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### ABSTRACT

In this study, nutritional quality of traditional fermented wheat was determined, followed by assessment of organoleptic acceptance of the bread produced from composite traditional fermented wheat flour. The results showed that samples of traditional fermented wheat are more or less rich in proteins (4.59%), crude fibers (1%), fat (11.29%), polyphenols (10.48 mg AGE/g) and flavonoids (7.99 mg QE/g). They also show interesting antioxidant activity. Furthermore, the bread made with a mixture of 10% traditional fermented wheat flour was highly appreciated and had the best sensory qualities.