



Research article

DEVELOPMENT OF VEGETABLE SAUSAGE USING NATIVE INGREDIENTS: EFFECT ON PHYSICOCHEMICAL, NUTRITIONAL AND TEXTURAL PROPERTIES

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ABSTRACT

In this work, the changes in the physicochemical, nutritional and textural properties of vegetable sausages prepared from the combination of lentil, rice, oat and carob flours were evaluated. As food hydrocolloids, brea gum and carrageenan (Genuvisco MB 11F) were used. The proximal composition, energy intake, total polyphenols, total dietary fiber, aqueous activity, pH, water retention capacity and textural parameters of each of the samples were determined. The total polyphenol content as well as the total dietary fiber content increased substantially with the addition of carob flour. The amino acid profile was determined for the vegetable sausage made with four types of flour; the composition of essential amino acids meets the amino acid requirements of adults and adolescents. There was significant variation ($p < 0.05$) concerning color among treatments, and the samples containing carob flour was the darkest colored. The hardness was not different ($p > 0.05$) among the products when carrageenan was replaced by brea gum at the same concentration. However, in the range studied, the products are slightly stickier. The formulation of vegetable sausage incorporating regional ingredients was feasible, generating a product with appropriate textural and nutritional characteristics