



QUALITY CHARACTERISTICS OF BISCUIT PREPARED FROM WHEAT AND MILK THISTLE SEEDS (*SILYBUM MARIANUM* (L) GAERTN) FLOUR

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ABSTRACT

Milk thistle (*Silybum marianum*) is a rich source of ingredients, such as minerals, aminoacids, fatty acids and phytochemicals exhibiting nutraceutical effects on human health. In this work, roasted milk thistle seeds flour was replace wheat flour to improve biscuit quality. The influence of 10% addition of milk thistle seeds flour on biscuit quality was studied by analyzing the physicochemicals and sensory properties in order to further exploit the functionality of milk thistle seeds in bakery products. Comparing control and enriched biscuits, we see major differences in terms of quality. Enriched biscuit has a smaller values of weight (6.63g), of spread ratio (6.38) and of density (0.49 g/cm³), with a bigger volume (13.48 cm³), a dark crust (L* : 64.43), a slight milk thistle seeds taste, and with an important nutritional intake (ash : 2.33%, starch : 60.69%, gluten : 28.23%). Finally, Milk thistle seeds flour can be used for biscuit enrichment.
