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Title

Process for obtaining functional bread with the addition of flaxseed flour

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Description

The invention relates to the bakery industry and can be used

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in the production of functional bakery products, in particular bread with an increased intake of dietary fibers with the addition of flaxseed flour.

The problem solved by the proposed invention is to improve the sensory characteristics, the nutritional and biological values by increasing the intake of phenolic compounds and essential amino acids and by reducing the glycemic index due to the substitution of carbohydrates from wheat flour with defatted flaxseed flour.

The invention solves the problem by proposing a process for obtaining functional bread with increased nutritional value having the following ratio of components: wheat flour 73.5 ...87%, defatted flaxseed flour with a fat content of max. 5% 5.8...19.3, sugar 5.0, salt 1.3 and yeast 0.9.

The result of the invention consists in obtaining a novel product of bread with improved nutritional and functional properties intended for both consumption mass, as well as dietary, functional, therapeutic and prophylactic nutrition for adults and children.

Class no.

3. Agriculture and Food Industry