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Appetizer cakes - obtaining and evaluating the protective quality

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Abstract: The main purpose of this paper is to obtain two variants of appetizer cake, without added sugar and fat: one with red beet and carrots and the second with mushrooms and broccoli, with the following as common base: white flour, eggs, yogurt, sheep cheese, green olives, baking powder, salt and pepper. The two innovative products obtained were analyzed in terms of proximate composition and energy value, finding that, although they are pastry products, have a low calorie intake, are low in fat and sugars, being recommended to people with restrictions in terms of consumption of high-calorie foods, sugar and/or fats. Due to the richness of vegetables in the composition of the two finished products obtained, all particularly concentrated in active principles with protective properties on the human body, such as: polyphenols, essential amino acids, vitamins, minerals, natural pigments, etc., but also because they do not contain added sugar, added fats, we can say that the appetizer cakes with vegetables from this project are healthy, protective, very tasty and attractive looking food, which can be consumed by both children and adults of all ages.

Key words: appetizer cake, red beet, broccoli, polyphenols, antioxidant activity.

• **Introduction**

The main purpose of this paper is to obtain two variants of appetizer cake, without added sugar and fat, using different vegetables with antioxidant properties and high nutritional value (beets, olives, red bell peppers, broccoli, carrots), ie obtaining pastries: appetizer cakes that can be eaten by people with restrictions on the consumption of sugar and fat and who have high protective qualities on the human body.

• **Material and method**

Raw and auxiliary materials

The following raw and auxiliary materials (from the local market) were used to obtain the appetizer cake: Eggs, Yogurt, Green olives, Carrot, Red bell peppers, Beet, Salty sheep cheese, Mushrooms ||Champignon||, Broccoli, White flour, Baking powder, Spices: salt and pepper



For the two assortment of appetizer cake obtained, the approximate composition and value energy were determined by calculation using the database: "USDA Food Composition Databases" Nutritional and energy values of the two varieties of appetizer cake (relative to 100g)



• **Results and discussions**

Nutritional value for appetizer with beetroot A1

Protein (g): 5.93

Lipid (g): 4.58

- saturated fatty acids (g): 1,82g

Carbohydrate (g): 15.82g

-sugar (g): 3.03g

- dietary fiber (g): 1.55 g

Energy value: 127.27 kcal

The nutritional value for the appetizer cake with mushrooms and broccoli A2

Protein (g): 6.46

Lipid (g): 4.65

- saturated fatty acids (g): 1,82

Carbohydrates (g): 14.34

-sugar (g): 1.89

dietary fiber (g):

Energy value: 122.90 kcal

Analyzing these nutritional v

Analyzing these nutritional values it can be seen that, although these are two pastry products, the energy value per 100g of product is relatively low, which is a favorable aspect for people who want a low-calorie diet, the product with the lowest caloric intake being A2 (122.90 kcal / 100g). We also notice that not only the energy values of the two types of appetizer cake are close, but also the related ones proximal composition

• **Conclusions**

The two innovative products obtained were analyzed from the point of view of approximate composition and energy value, finding that although they are produced by patisserie, have a low calorie intake, are low in fat and sugar, being recommended persons with restrictions on the consumption of high-calorie foods, the consumption of sugar and / or fat.

Due to the richness of vegetables in the composition of the two finished products obtained, all with a high content of bioactive principles with protective properties on the body human, such as: polyphenols, essential amino acids, vitamins, minerals, natural pigments, etc., but also because they do not contain added sugar, added fat, we can say that appetizer cakes with vegetables in this project are innovative healthy, protective, and very tasty foods with an attractive appearance, which can be consumed by both children and adults of all ages.

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