

STUDY ON THE MINERAL CONTENT OF SOME EXTRUDED CORN SNACKS ASSORTMENTS

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Abstract: *The aim of the study is to evaluate the nutritional potential of some assortments of corn snacks. Even if they contain simple ingredients such as vegetable oil, corn starch and salt, some ingredients can be a cause for concern, such as saturated fatty acids, sugar, excess salt or a large number of additives. We took 10 assortments of corn snacks from the Romanian market in our study. The X-ray fluorescence (FRX) analysis shows that the corn snacks contain significant amounts of K, Ca and Zn. However, due to the high content of saturated fatty acids, these products should be consumed in moderation.*

• Introduction

Even if extruded corn snacks provide a feeling of satiety and contain simple ingredients, such as vegetable oil, cornstarch and salt, the consumption of puffs can be harmful, especially for children. Some ingredients can be a cause for concern, such as sugar, saturated fatty acids, excess salt and additives [7, 8].

In this context, the aim of our study is to evaluate the nutritional potential of some assortments of corn snacks.

• Material and method

In order to achieve the objectives, were purchased 10 varieties of corn snacks available on romanian market



Fig.1.The extruded corn snacks samples

• Results and discussions

The experimental results following the FRX analysis, show that all assortments of puffs have a high content of K. The highest Ca contents belong to the assortments S9 (Corn snack with cheese).

• Conclusions

FRX analysis shows that the extruded corn snacks contain significant amounts of K, Ca and Zn. The assortment with cheese recorded the highest Ca content, the assortment with peanuts the highest protein content, and the one with vegetables the highest fiber content. So, by adding different ingredients we can increase the nutritional value of these products.