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Duque-Estrada, Patrícia; Hardiman, Kate; Dam, Astrid Bøgebjerg; Dodge, Nadia; Aaslyng, Margit Annie Dall; Petersen, Iben Lykke

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Enhancing the nutritional quality of plant proteins by blending different protein sources and extrusion processing

Patrícia Duque-Estrada¹, Kate Hardiman¹, Astrid B. Dam², Nadia Dodge¹, Margit Dall Aaslyng², Iben Lykke Petersen¹

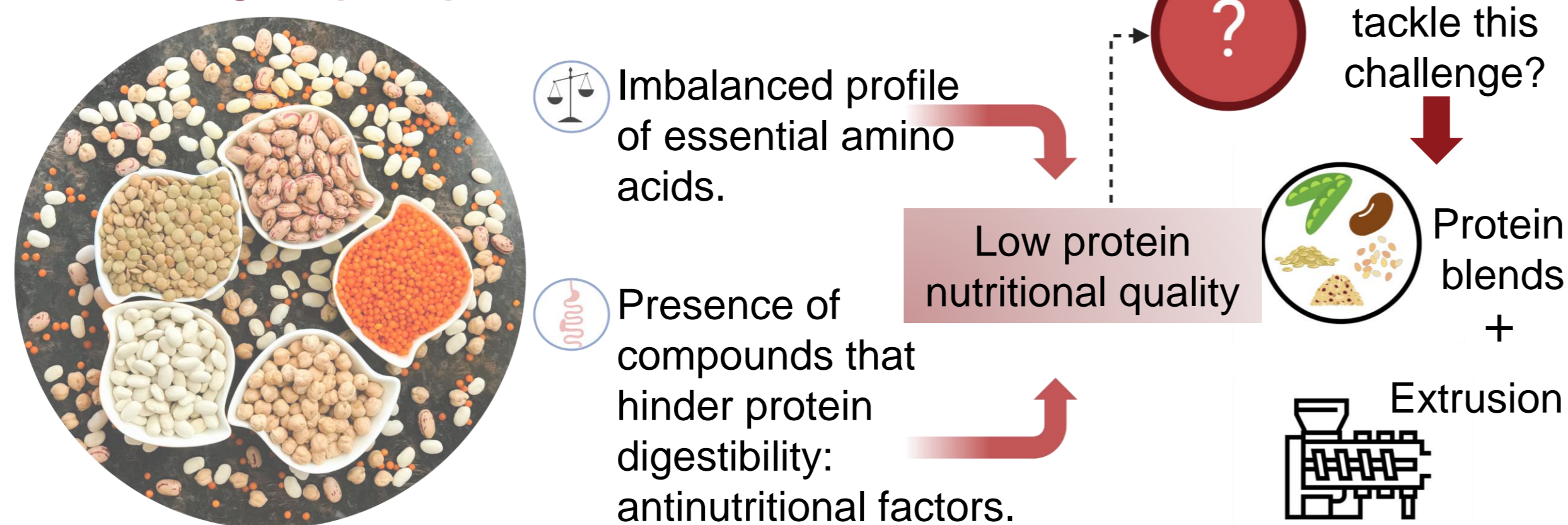
1. Department of Food Science, Food Analytics and Biotechnology Section, University of Copenhagen, Denmark.

2. University College Absalon, Nutrition and Health, Centre for Nutrition, Rehabilitation and Midwifery, Denmark.



1. Background

The challenge of plant protein sources



4. Results

Reduction in trypsin inhibitor activity (TIA)

Extrudates	TIU per mg protein (dry basis)	TIA Reduction (%)
TVP blend 1	15.11 ± 0.47 ^{bc}	
TVP 1	3.78 ± 0.26 ^g	74
TVP blend 2	16.33 ± 0.09 ^b	
TVP 2	3.37 ± 0.48 ^g	78
TVP blend 3	15.15 ± 0.30 ^{bc}	
TVP 3	3.03 ± 0.21 ^g	79
Snack blend 1	14.05 ± 0.23 ^{cd}	
Snack 1	3.40 ± 0.31 ^g	74
Snack blend 2	13.11 ± 0.22 ^d	
Snack 2	3.42 ± 0.11 ^g	71
Snack blend 3	13.57 ± 0.22 ^d	
Snack 3	3.68 ± 0.16 ^g	71

Results are shown as mean ± standard deviation (n = 3). Values within the same column with different letter superscripts are significantly different (p < 0.05). TIU: trypsin inhibited units.

Essential amino acids

- Snacks maintained a balanced amino acid score.
- TVPs showed a reduction between 3-10% in the amino acid score.
- The loss of Met+Cys in TVPs was more pronounced than other amino acids.

In vitro protein digestibility of TVPs before and after extrusion

Extrudates	Pepsin digestibility (%) (1h)	Pancreatin digestibility (%) (1h)	Total digestibility (%) (2h)
TVP blend 1	4.17 ± 0.15 ^{bc}	13.41 ± 0.19 ^d	17.58 ± 0.32 ^c
TVP 1	3.88 ± 0.06 ^c	17.07 ± 0.34 ^{ab}	20.94 ± 0.30 ^b
TVP blend 2	4.54 ± 0.16 ^b	16.14 ± 0.78 ^{bc}	20.68 ± 0.90 ^b
TVP 2	3.80 ± 0.18 ^c	17.64 ± 1.01 ^{ab}	21.44 ± 1.09 ^b
TVP blend 3	3.91 ± 0.18 ^c	14.34 ± 1.34 ^{cd}	18.25 ± 1.51 ^c
TVP 3	3.85 ± 0.22 ^c	18.67 ± 0.61 ^a	22.52 ± 0.58 ^b
BSA Reference	6.44 ± 0.09 ^a	18.77 ± 0.19 ^a	25.21 ± 0.22 ^a

The results are shown as mean ± standard deviation (n = 3). Values within the same column with different letter superscripts are significantly different (p < 0.05). BSA: bovine serum albumin. TVP: texturized vegetable proteins.

In vitro protein digestibility of snacks before and after extrusion

Extrudates	Pepsin digestibility (%) (1h)	Pancreatin digestibility (%) (1h)	Total digestibility (%) (2h)
Snack blend 1	3.66 ± 0.09 ^b	13.58 ± 0.33 ^{bc}	17.24 ± 0.40 ^b
Snack 1	2.55 ± 0.08 ^c	15.63 ± 1.10 ^b	18.19 ± 1.05 ^b
Snack blend 2	4.02 ± 0.35 ^b	14.92 ± 0.44 ^b	18.94 ± 0.18 ^b
Snack 2	2.40 ± 0.04 ^c	15.14 ± 0.69 ^b	17.54 ± 0.70 ^b
Snack blend 3	2.77 ± 0.04 ^c	10.64 ± 0.50 ^d	13.41 ± 0.47 ^c
Snack 3	1.56 ± 0.36 ^d	12.36 ± 1.31 ^{cd}	13.93 ± 1.67 ^c
BSA Reference	6.79 ± 0.09 ^a	20.50 ± 0.19 ^a	27.28 ± 0.17 ^a

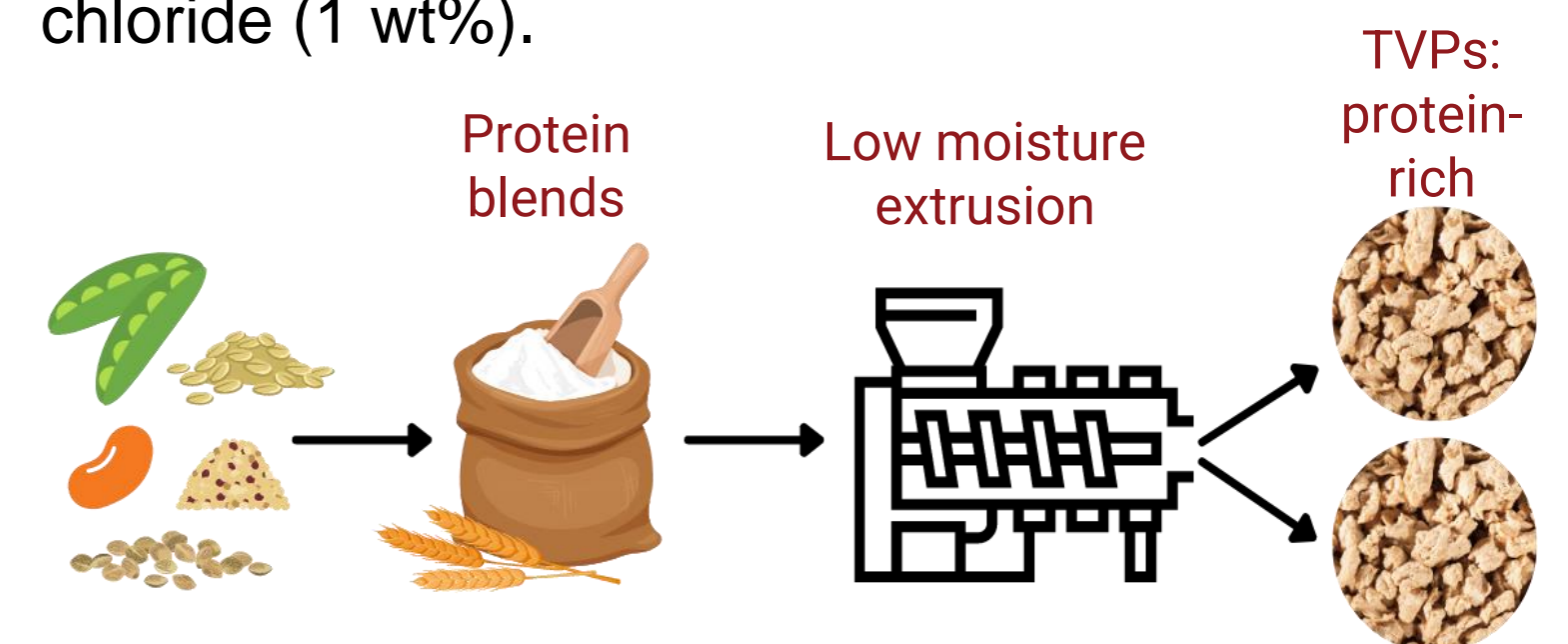
The results are shown as mean ± standard deviation (n = 3). Values within the same column with different letter superscripts are significantly different (p < 0.05). BSA: bovine serum albumin.

2. Aim

To enhance the nutritional quality of plant protein ingredients by blending different protein sources and using low moisture extrusion process.

3. Material & Methods

Six extrudates were prepared with protein blends of concentrates or flours (99 wt%) and sodium chloride (1 wt%).



Composition of protein blends:

Texturized vegetable proteins (TVP) 1: 89% pea, 10% faba beans; TVP 2: 49% faba beans, 40% pea, 10% quinoa; TVP 3: 79% pea, 10% faba beans, 10% hemp
Snack 1: 60% oat, 39% pea; Snack 2: 50% quinoa, 39% pea, 10% oat; Snack 3: 59% oat, 20% pea, 20% hemp.

Evaluation of protein nutritional quality:

- Static *in vitro* protein digestibility
- Trypsin inhibitor activity
- Essential amino acid profile and score

One-way ANOVA followed by Tukey's post hoc test was used to compare the results of trypsin inhibitor activity and protein digestibility among different samples. The significance level was set at p < 0.05.

5. Conclusions

- Extrusion effectively reduced trypsin inhibitors > 70%.
- The *in vitro* protein digestibility was improved only in TVPs.
- Extrusion caused a small loss of certain essential amino acids, especially Met+Cys.

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