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Physicochemical properties of amaranth bars snack

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Abstract

The objective of this study was to evaluate the contribution of nutrients from an amaranth bar, normally useful to be consumed as snacks. Four formulations were elaborated with different proportions of amaranth and other ingredients commonly used in this type of products. The obtained results indicated that the formulations F2 and F3 were the preferred ones by the evaluating panelists, after which paired preference tests were carried out to define which of the bars would finally be the preferred one and analyzed in this study. The chemical composition of the bar (F2, chosen preferred) showed that it has a contribution of 10% protein, 12% of lipids and 69% of carbohydrates, having a caloric intake for each 100 grams of 424 kcal.

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