FORMATION METHOD FOR DETERMINING THE QUALITY OF PRODUCTS

M.Z.Ashurova M.K.Kuzieva
Bukhara Engineering Technological Institute,
e-mail: qaxa8004@mail.ru

Annotation: From pumpkin seeds it is possible to obtain a unique prescription component for flour confectionery - powder. Pumpkin seed powder has a diverse chemical composition of biologically active components, which proves its effectiveness as a functional food raw material. The article discusses the composition of pumpkin seed powder and the possibility of using it as a raw material for the production of flour culinary and confectionery products.

Keywords: pumpkin seed powder; rational nutrition; functional food product; sand semi-finished product, biscuit semi-finished product.

According to the fundamentals of the concept of state policy in the field of healthy nutrition, which consists in maintaining and strengthening the health of the population through rational nutrition, as well as in the prevention of diseases caused by inadequate and unbalanced nutrition, it is necessary to develop food products that not only satisfy human nutritional needs, but and have a positive effect on the health of the body. Such products can be flour culinary and confectionery products with the addition of secondary vegetable raw materials in the form of powder from pumpkin seeds.[1-10]

World trends in the field of nutrition are associated with the creation of products that improve health with daily use and are called functional.

the most promising in the field of functional additives is vegetable raw materials:из-за низкой стоимости;

due to the wide variety of chemical composition of biologically active components.

In all areas of the food industry, by-products are formed that, if not used, pollute the environment. Such secondary vegetable raw materials contain many biologically valuable functional substances and can be used in the future in food production.

Today, market conditions dictate the need for manufacturers to create products that could be in demand by consumers who care about healthy eating. To do this, manufacturers of various food products strive to produce products that not only satisfy organoleptic quality indicators, but also improve people's health with daily consumption, that is, functional products. These products can be obtained by changing the recipes and production technologies of already known food products by adding functional additives during the technological cycle, such as vitamins and minerals, dietary fiber, antioxidants, bifidobacteria, polyunsaturated fatty acids, oligosaccharides, microelements , non-traditional and secondary vegetable raw materials, complex additives and many others.[11-20]

One such type of functional raw material is pumpkin seed powder. This powder, when added to daily food products, which can be flour confectionery products, in particular shortbread, waffle dough, biscuit dough, can become the basis of a healthy diet for all population groups. This confirms the expediency of research, creation and development of the production of specialized semi-finished sand products enriched with various biologically active additives, including one of the most balanced in terms of the content of biologically active substances - powder from pumpkin seeds. The benefits of pumpkin seeds are also undeniable for people suffering from hypertension and diabetes: they have the ability to stabilize blood pressure and lower blood sugar levels. In addition, pumpkin seeds are a good diuretic and choleretic agent. Rich in zinc, they enhance memory, improve brain function and reduce fatigue

Pumpkin powder is distinguished by its truly unique vitamin and mineral composition, which the product inherited from nature. The chemical composition of pumpkin powder contains a significant amount of vegetable protein, which in turn is perfectly absorbed by the human body, and also contains a number of essential amino acids.[21-33]

Pumpkin powder contains arginine, a natural compound that helps strengthen the body's immunity, as well as avoid diseases such as obesity, hypertension, fatty liver, diabetes and others. The benefits of pumpkin powder for the human body are invaluable and are due to the vitamin and mineral composition of the product, which contains such important compounds as lysine, isoleucine, glycine, glutamine, as well as phenylalanine and cucurbitine.

A study [1] of pumpkin powder (Table 1) showed that it contains a fairly large amount of proteins, fats, dietary fiber, linolenic and linoleic acids, sodium, potassium, calcium, magnesium, phosphorus, iron, zinc, and vitamins.

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