The imbalance of modern nutrition, the inability to provide the body with the necessary amount of essential nutrients and biologically active substances (BAS) is a global problem in both developed and developing countries. Unfortunately, in recent years, nutrition quality of the population has significantly worsened and this trend continues. Consequences of such nutrition is a violation of the population has significantly worsened and this trend continues. Consequences of such nutrition is a violation of

1. Introduction

A promising direction in the development of the food industry is the creation of safe and, at the same time, high-grade food and consumer properties. Such products are able to maintain the health of consumers at the proper level, as well as reduce the risks of a number of diseases [1].

2. Background


3. Materials and Methods


4. Results and Discussion


5. Conclusion

Manufacturers and researchers are interested in the development of such equipment, because it provides better consumer properties compared to normal dryers for vegetables. In addition, such equipment can be used in the production of dehydrated vegetables, fruits, and other food products [1].
the nutritional status of modern humans, the occurrence of hypovitaminosis, decreased immunity, deterioration in physical development, diseases of the gastrointestinal tract and other non-infectious diseases of nutritional character [2, 3]. One of the reasons for this imbalance is the production of products that do not meet the recommended standards of rational nutrition in terms of nutritional and biological values.

One of the most important tasks in improving the structure of the population’s nutrition is to increase the production of mass consumption products with improved consumer properties. Modern food should not only meet the physiologival needs of the human body in nutritional, BAS and energy, but also perform preventive and/or therapeutic functions and, of course, be absolutely safe. The solution of these problems is possible due to the development of new generation food products, which meet the requirements and realities of today. To the creation of such products, enriched with vitamins, minerals, food fibers, beneficial bacteria and other additives, manufacturers are prompted by a growing number of fans of healthy nutrition [1, 4].

A promising direction in the development of prophylactic food production is the creation of enriched cereal-based products. Due to the relatively low cost of raw materials, they are available to a wide range of people and are able to compensate for the lack of BAS in the diet, increase the body’s resistance to unfavorable environmental factors, and, consequently, increase the life expectancy of the population [1, 5].

2. The object of research and its technological audit

The object of research is crispbread with the inclusion of milk thistle powder, vitamin-mineral supplement and table salt.

Spelt, milk thistle powder, salt and vitamin-mineral supplement were used as raw materials for experimental studies.

The most suitable raw material for the production of bread is cereals (wheat, rye, buckwheat, rice, etc.). This is due to the fact that the grain is a starch raw material, and starch is the main component, which affects the processing conditions of processing and the quality of finished products [6]. Taking into account consumer properties, technological capabilities, as well as on the basis of market research and application of QFD methodology [7], it is decided to use spelt as the main raw material for production of crispbread. Spelt is a kind of soft wheat, which unlike traditional wheat is characterized by a high content of proteins, dietary fibers, minerals and vitamins [8].

The goal of developing nutritional foods is to fill a deficit of essential nutrients and BAS in the human body using them. To achieve this goal, the analysis of the actual nutrition of Ukraine is carried out, its disadvantages are identified and it is determined which nutrient deficiency and BAS is observed in the population nutrition. It is established [1–3] that in the diet of the population of Ukraine, first of all, there is a shortage of minerals, B vitamins and other components. Therefore, it is decided to add a powder of milk thistle into the crispbread, as well as a complex of vitamins and minerals in the form of a vitamin-mineral mixture. In order to provide a pleasant taste of crispbread, it is decided to add salt into their composition.

The optimal composition of new crispbread is calculated in the environment of the software package Statistica 10 (StatSoft, Inc., USA).

Basically, existing formulation optimization models are reduced to the task of linear programming. The objective function is to require the maximum value of the organoleptic evaluation and the output of one component, the need for the content of the component not less than the planned value, and some additive criterion that takes into account the cumulative effect of several criteria with different weight coefficients.

3. The aim and objectives of research

The conducted researches aimed to optimize the component composition of crispbread using the milk thistle powder, vitamin-mineral mixture, table salt and grain raw materials.

To achieve this goal, the following tasks were solved:
1. To establish the optimum ratio of grain raw materials, powder of milk thistle concentrate, vitamin-mineral mixture and table salt in the formulation of crispbread.
2. To determine the quality indicators of the enriched crispbread produced using the raw components in the optimal ratio.

4. Research of existing solutions of the problem

Traditional cereal products (bakery products, cereals, pasta, cereal breakfasts) are available to low-income groups of the population, often the basis of their diet. Recommended by the Ukrainian Research Institute of Food Hygiene for the consumption of grain products per person is 101 kg/year [1, 9]. But in recent years, actual consumption was slightly higher [10], which is due to the imbalance in nutrition structure in the direction of cheap grain products due to the low living standards of the country’s population. At the same time, this group of people is most affected by the deficit of BAS, which is caused by one-sidedness, imbalance and inadequate nutrition.

Particular interest among cereal-based products has ready-to-eat foods – grain bread. They have a long shelf life, are convenient for transportation and consumption, and are in demand among various segments of the population. Crispbread are made by special technology, do not contain residual fermentation products, completely ready for use. In addition, when consuming such breads, the human body becomes healthier. The effect of recovery is due to both the features of the manufacturing technology, and the high food and biological value of finished products. Based on biomedical research, it has been established that they are capable of removing radionuclides, heavy metal salts, and toxins from the body due to the presence of a large amount of BAS in them [11].

Researches of foreign scientists indicate that consumers are now more concerned about their health and prefer products based on whole grains. So the American scientists [12] carried out analytical researches, which showed that due to changes in the basic principles of nutrition and increased attention of this media, the demand for products that were made from whole grains is increased. At the same time products based on high-quality flour consumed less attention of consumers. In order to meet the demand in
healthy nutrition, scientists from different countries conduct numerous studies in the field of formulation development, production technology and quality evaluation of products based on whole grains. They develop, first of all, bakery products; a lot of research is being done in the field of the development of food concentrates based on whole grains. Thus, Polish scientists [13] developed extruded products based on whole grains with the inclusion of corn chips, rice flour, cocoa and sugar. Scientists of Greece [14] proposed bread, where a part of wheat flour was replaced by whole-grain flour of rye, barley and oat flakes. The developed products were characterized by increased food and biological value, high content of dietary fiber, β-glucans, total content of phenols and other BAS. American scientists [15] carried out research on the production of breakfast cereals based on whole grains or corn, wheat, rice, and oats. According to the researches of scientists in Pakistan and Sweden [16], the use of bread with an increased content of dietary fiber can solve the problem of unbalanced nutrition of modern man. According to studies, regular consumption of such bread improves the functioning of the intestines, reduces the risk of obesity, constipation, diabetes, hypertension, cardiac and vascular diseases. Therefore, today, whole wheat crispbread is recommended by nutritionists as a product of adequate nutrition for health improvement of the population. This indicates that foreign scientists are conducting numerous product development on the basis of whole grains with a view to their further use for healthy human nutrition.

In Ukraine, researches are underway in this area, but the range of domestic whole grain products is minimal and needs to be expanded and optimized for component composition [17]. Researches aimed at formation of the quality of a new food product using the example of crispbread for healthy food are promising, taking into account the requirements of consumers and its promotion to the consumer market in Ukraine.

5. Methods of research

To optimize the formulation composition of crispbread, the method of the response surface is used [18]. This method is a set of mathematical and statistical techniques aimed at modeling processes and finding combinations of experimental predictor series in order to optimize the response function \( y(x,b) \), which is generally described by the following polynomial:

\[
\hat{y}(x,b) = b_0 + \sum_{i=1}^{k_1} b_i x_i + \sum_{j=1}^{k_2} b_j x_j^2 + \sum_{i=1}^{k_1} \sum_{j=1}^{k_2} b_{ij} x_i x_j,
\]

where \( x \in \mathbb{R}^k \) - vector of variables, \( b \) - vector of parameters.

Simulation and processing of the experimental data was performed in the environment of the software package Statistica 10 (StatSoft, Inc.).

In the formulations of enriched crispbread, the mass fraction of the milk thistle powder and table salt varied. All components were screened, magnetic cleaned and dosed. To the prepared dry ingredients, water was added and mixed for 5 minutes until a homogeneous mass and redistribution of the surface-bound moisture were obtained. The resulting mixture was sent to a special device for the production of whole-grain expanded grain grades YBX-80x8 (Ukraine), where its thermal and mechanical treatment took place under the conditions recommended for this equipment: duration 8 s, \( P = 2.5...5 \) MPa. As a result, whole crispbread were obtained with a vegetable additive in the form of round briquettes. Bulk mass (BM, kg/m³), swelling degree (SD, cm³/g), and also the organoleptic evaluation (OE, points) were determined in the crispbread.

The optimum ratio of components in crispbread was determined using a complex quality index (CQI), which takes into account the cumulative effect of bulk weight, organoleptic parameters, swelling degree and weight coefficients of the specified unit indicators.

Based on the developed formulations of cereal loaves made on the basis of raw materials in optimal proportions, the chemical composition and the main quality indicators were determined, which resulted in conclusions about the possibility of producing new crispbread with specified consumer properties.

When performing the studies, the organoleptic parameters of the enriched crispbread were determined from the 20 points of the assessment scale, which was developed by the authors and described in [19]; bulk mass – according to [20]; swelling degree – according to [21].

6. Research results

The bulk mass (BM, kg/m³), swelling degree (SD, cm³/g), organoleptic evaluation (OE, points) and complex quality index (CQI) are chosen as criteria for optimizing the formulation of cereal loaves. CQI is an indicator that takes into account the cumulative influence of bulk mass, organoleptic evaluation, swelling degree and weight coefficient (WC) of the indicated unit indicators [22, 23]. Independent varied factors in the experiment are the mass fraction of table salt (\( C_{na} \), %) and the mass fraction of the powder of milk thistle (\( C_{ct} \), %). The content of vitamin-mineral mixture in breads is 1 %. The mass fraction of the grain is set such that the mixture of all the raw ingredients is 100 %.

For the modeling of the bulk mass (BM, kg/m³), swelling degree (SD, cm³/g), organoleptic evaluation (OE, points) and complex quality index (CQI) the response value is chosen, which has the form of a polynomial of the second degree:

\[
BM = b_0 + b_1 \cdot C_{na} + b_2 \cdot C_{ct} + b_3 \cdot C_{na}^2 + b_4 \cdot C_{ct} + b_5 \cdot C_{na} \cdot C_{ct},
\]

\[
SD = b_0 + b_1 \cdot C_{na} + b_2 \cdot C_{ct} + b_3 \cdot C_{na}^2 + b_4 \cdot C_{ct} + b_5 \cdot C_{na} \cdot C_{ct},
\]

\[
OE = b_0 + b_1 \cdot C_{na} + b_2 \cdot C_{ct} + b_3 \cdot C_{na}^2 + b_4 \cdot C_{ct} + b_5 \cdot C_{na} \cdot C_{ct},
\]

\[
CQI = b_0 + b_1 \cdot C_{na} + b_2 \cdot C_{na}^2 + b_3 \cdot C_{ct} + b_4 \cdot C_{ct} + b_5 \cdot C_{na} \cdot C_{ct},
\]

where BM – bulk mass, kg/m³; SD – swelling degree, cm³/g; OE – organoleptic evaluation, points; CQI – complex quality index; \( b_0 \) – constant; \( C_{na} \) – mass fraction of table salt, %; \( C_{ct} \) – mass fraction of milk thistle powder, %; \( b_1, b_2, b_3, b_4, b_5 \) – coefficients for each element of the polynomial.

In studies, the central composite rotational plan is used [18]. The choice of levels and intervals of variation of factors are carried out according to the results of previous experiments [7, 11]:

- mass fraction of table salt varied within 0.5–1.5 %;
- mass fraction of the milk thistle powder – within 2.5–7.5 %.
The planning matrix and the experimental values of the response functions are presented in Table 1. To reduce the influence of systematic errors caused by external conditions, the sequence of experiments is randomized.

### Table 1

<table>
<thead>
<tr>
<th>Number of experiment</th>
<th>Mass fraction of table salt, ( C_{ts} )</th>
<th>Mass fraction of the milk thistle powder, ( C_{St} )</th>
<th>Bulk mass ( BM ), kg/m³</th>
<th>Swelling degree ( SD ), cm³/g</th>
<th>Organoleptic evaluation ( OE ), points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coded level</td>
<td>%</td>
<td>Coded level</td>
<td>%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>-1</td>
<td>0.65</td>
<td>-1</td>
<td>3.23</td>
<td>586</td>
</tr>
<tr>
<td>2</td>
<td>-1</td>
<td>0.65</td>
<td>+1</td>
<td>6.77</td>
<td>641</td>
</tr>
<tr>
<td>3</td>
<td>+1</td>
<td>1.35</td>
<td>-1</td>
<td>3.23</td>
<td>580</td>
</tr>
<tr>
<td>4</td>
<td>+1</td>
<td>1.35</td>
<td>+1</td>
<td>6.77</td>
<td>645</td>
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<tr>
<td>5</td>
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<td>0.50</td>
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<td>620</td>
</tr>
<tr>
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<td>(+\sqrt{2})</td>
<td>1.50</td>
<td>0</td>
<td>5.00</td>
<td>625</td>
</tr>
<tr>
<td>7</td>
<td>0</td>
<td>1.00</td>
<td>(-\sqrt{2})</td>
<td>2.50</td>
<td>558</td>
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<tr>
<td>8</td>
<td>0</td>
<td>1.00</td>
<td>(+\sqrt{2})</td>
<td>7.50</td>
<td>662</td>
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<td>5.00</td>
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<tr>
<td>10</td>
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<td>1.00</td>
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<td>618</td>
</tr>
<tr>
<td>11</td>
<td>0</td>
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<td>5.00</td>
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<tr>
<td>12</td>
<td>0</td>
<td>1.00</td>
<td>0</td>
<td>5.00</td>
<td>620</td>
</tr>
</tbody>
</table>

To test the significance of the regression coefficients (2), (3) and (4), the Pareto charts are constructing. They are shown in Fig. 1 (L – linear effect, Q – quadratic effect). The Pareto charts (Fig. 1) show standardized coefficients, sorted by absolute values.

Analysis of the data in Fig. 1, a, indicates that the mass fraction of the common salt is linear \( (Ct, L) \) and quadratic \( (Ct, Q) \), as well as the interaction effect of the investigated parameters \((1Lon2L)\) for regression (2) is insignificant (the evaluation columns of these effects do not intersect the vertical line, which is a 95 % confidence level). With this in mind, these regression members are eliminated from the model (2).

For regression (3), according to the data shown in Fig. 1, b, only the effect of the interaction of the mass fractions of the table salt and the milk thistle powder – \((1Lon2L)\) is insignificant, therefore this regression member is eliminated from the model (3).

As for regression (4), two members are eliminated from it: the mass fraction of the table salt \( (C_{ts}, L) \) and the interaction of mass fractions \((1Lon2L)\), since, according to Fig. 1, c, they are insignificant.

The obtained equations with the calculated coefficients have the form:

\[
BM = 484.0 + 35.189\, C_t - 1.632\, C_t^2 ,
\]

\[
SD = 7.120 - 0.410\, C_{ts} + 0.185\, C_{St}^2 - 0.177\, C_t + 0.009\, C_t^2 ,
\]

\[
OE = -1.078 - 0.052\, C_{ts}^2 + 2.207\, C_t - 0.208\, C_t^2 .
\]

The adequacy of the developed models (6), (7) and (8) is checked by the method of variance analysis. The significance level of consistency loss for all three models is \( p > 0.05 \). The values of the determination coefficients for all models are close to 1: for model (6) \( R^2 = 0.985 \) and \( R^2_{adj} = 0.972 \); for model (7), \( R^2 = 0.977 \) and \( R^2_{adj} = 0.958 \); For model (8), \( R^2 = 0.936 \) and \( R^2_{adj} = 0.884 \). Thus, presented results indicate that the models adequately describe the experiment.
of the milk thistle powder ($S_{th} \%$) in the formulation of crispbread leads to decrease in the swelling degree ($SD$, cm$^3$/g) – Fig. 2, b, which is explained by a significant decrease of the grain component in the plant-grain mixture. The maximum values of swelling degree are noted for products that contain a minimum mass fraction of the milk thistle powder. The increase in the mass fraction of table salt ($St\%$) from 0.5 to 1.0 % contributes to an insignificant decrease in swelling degree of crispbread that is also probably due to a decrease in the content of the grain ingredient in the initial mixture. Further increase in the content of table salt from 1.0 to 1.5 % causes a significant decrease in swelling degree of crispbread that is explained by the hygroscopic properties of the salt. The insignificant increase in the studied indicator, which is explained by the hygroscopic properties of the salt. The obtained results do not allow to determine the optimal mass fractions of raw ingredients. To optimize the formulation of crispbread, a complex quality index ($CQI$) is used. It is defined as a function of evaluation of single quality indices – bulk mass, swelling degree and organoleptic evaluation (Table 2), converted into a scaled value, taking into account the weight coefficients of individual indicators ($M_i$) [22, 23]:

$$CQI = M_1 \cdot BM + M_2 \cdot SD + M_3 \cdot OE, \tag{9}$$

where $BM$, $SD$, $OE$ – bulk mass, swelling degree, organoleptic evaluation of crispbread, respectively, converted into scaled values; $M_1$, $M_2$, $M_3$ – the weight coefficients of unit indicators-bulk mass, swelling degree and organoleptic evaluation of the products, respectively. In this case [22, 23]:

$$\sum_{i=1}^{3} M_i = 1.0. \tag{10}$$

To convert single indicators into the range (1...10), the initial data given in Table 1, are scaled by expression (11) [22, 23]:

$$y = \frac{\left(y_{\max} - y_{\min}\right) \cdot \left(x - x_{\min}\right)}{x_{\max} - x_{\min}} + y_{\min}, \tag{11}$$

where $y$ – the scaled data; $x$ – output data given in Table 1; $x_{\min}$ and $x_{\max}$ – the minimum and maximum values of the output data (for the bulk mass $x_{\min}$ and $x_{\max}$ are calculated according to the model (6). For swelling degree – according to the model (7).

For an organoleptic evaluation $x_{\min} = 1$ point, $x_{\max} = 5$ points (according to 5-point evaluation), $y_{\min}$ and $y_{\max}$ – the minimum and maximum values of the new range (1 and 10, respectively).

The scaled values of the single indicators and the values of the complex quality index ($CQI$) calculated according to the expression (9) are given in Table 2 (the following values of the weight coefficients are adopted for the calculation of the $CQI$: $M_1 = 0.10$; $M_2 = 0.15$; $M_3 = 0.75$).

To test the significance of the regression coefficients (5), the Pareto chart is constructed, which is shown in Fig. 3 ($L$ – linear effect, $Q$ – quadratic effect).
### Table 2

<table>
<thead>
<tr>
<th>Number of experiment</th>
<th>Scaled bulk mass (BM_s)</th>
<th>Scaled swelling degree (SD_s)</th>
<th>Scaled organoleptic evaluation (OE_s)</th>
<th>Complex quality index (CQI)</th>
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<tr>
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<td>9.73</td>
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</tbody>
</table>

**Fig. 3.** The Pareto chart for testing the significance of regression coefficients [5]

The increase of a mass fraction of milk thistle powder (DM, %) from 2.50 to 5.27 % in the formulation of crispbread causes an increase in CQI. With a further increase in the content of this raw ingredient in the crispbread recipes, CQI value decreases (Fig. 4). With an increase in the mass fraction of table salt from 0.50 to 0.92 %, CQI increases, and with a further increase in Cts, CQI decreases (Fig. 4). The change in the mass fraction of the milk powder has a more significant influence on CQI change, which is due to the significant influence of this optimization criterion on all the investigated response functions (Fig. 2, a–c).

Processing of the polynomial (12) in the Statistica 10 allows to determine the optimal values of the mass fractions of the milk thistle powder and table salt – 5.27 and 0.92 %, at which the maximum CQI value is reached (7.195).

The main quality indicators of enriched crispbread, obtained with the use of raw materials in optimal proportions, are given in Table 3.

Researches of experimental samples of crispbread have proved that the target products with the optimum content of the enriched additives are characterized by improved consumer properties:
- good organoleptic characteristics;
- normalized physicochemical parameters;
- high food and biological value;
- absolute safety.
7. SWOT analysis of research results

**Strengths.** Strengths of the developed product include: the consumer’s interest in the new product, high nutritional value, natural ingredients and improved organoleptic indicators.

**Weaknesses.** The weaknesses of the developed product include: a higher price compared to similar products and a weak awareness of consumers about the new product, its advantages.

**Opportunities.** As for the possibilities of the new product, it is: low food value of analog products from competitors, the presence of unsaturated segments of markets, a narrow range of products for healthy nutrition.

**Threats.** Threats when a new product is released to the consumer market include: – possibility of new products and alternative products; – growing competitive pressure, as a result of the emergence of new competitors; – decline in the purchasing power of the population; – consumer conservatism.

Based on the SWOT analysis, the following strategic solutions are proposed: – access to new markets or market segments. This is a flexible pricing policy, as well as an active role of marketing. At marketing activities, it is necessary to focus on the consumer properties of the product, its nutritional value, high organoleptic and preventive properties. To carry out activities to develop the consumer in terms of nutrition, healthy lifestyle, as a result, and will encourage the consumer to buy this product. To pay attention to the packaging design and the informative nature of the marking; expansion of the product line by including a wide range of natural additives and raw materials; – weak side, namely, a high price in comparison with similar products presented in the market, we suggest to solve by reducing the price of our own product by increasing production volumes. The increase in demand for a new product will occur due to the improvement of its consumer properties, primarily due to high organoleptic characteristics and the availability of preventive properties; – one more weak side, namely, «the low information content of consumers about the new product and its advantages», we propose to solve at the expense of the complex of measures. They must begin at the initial stage of product development and continue throughout the whole stage of product development. Activities should be aimed at informing potential consumers about the properties of the new product and the principles of healthy nutrition; – to reduce the impact of such factors as «the emergence of new competitors» and «growing competitive pressure» we offer: flexible pricing policy, development of new markets, the active role of marketing, product expansion. As for the factor of «reducing purchasing power», it is envisaged to carry out measures to position a new product among potential consumers, measures to develop the consumer himself in matters of nutrition, in matters of a healthy lifestyle; – promotion of goods by merchandising means – if there is no possibility to use direct advertising for promotion of a new product, it is advisable to stimulate sales with the help of indirect communications, which are less expensive, but no less effective.

8. Conclusions

1. Optimum mass fractions of powder of milk thistle concentrate and table salt – 5.27 and 0.92 %, respectively, as components of crispbread.

2. Based on experimental studies, it has been established that crispbread produced using raw materials in the optimal ratio differ with:

<table>
<thead>
<tr>
<th>Indicator</th>
<th>Characteristic of an indicator</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mass fraction of protein, %</td>
<td>12.19±0.23</td>
</tr>
<tr>
<td>Mass fraction of starch, %</td>
<td>5.19±0.57</td>
</tr>
<tr>
<td>Mass fraction of cellulose, %</td>
<td>11.41±0.21</td>
</tr>
<tr>
<td>Mass fraction of fat, %</td>
<td>2.71±0.07</td>
</tr>
<tr>
<td>Bulk weight, kg/dm³</td>
<td>624.0±1.0</td>
</tr>
<tr>
<td>Swelling degree, cm³/g</td>
<td>6.21±0.01</td>
</tr>
</tbody>
</table>

**Microbiological indicators**

<table>
<thead>
<tr>
<th>Bacteria of the coliform group (coli, e, &amp;s) in 0.1 g</th>
<th>Absent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pathogenic microorganisms, including C. Bacteria of the genus Salmonella, in 50 g</td>
<td>Absent</td>
</tr>
</tbody>
</table>

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ОПТИМИЗАЦІЯ РЕЦЕПТУРНОГО СОСТАВА ЗЕРНОВИХ ХЛЕБЦІВ С УЛУЧШЕНИМИ ПОТРЕБИТЕЛЬСКИМИ СВОЙСТВАМИ

Рассмотрены вопросы оптимизации рецептурного состава зерновых хлебцев с улучшенными потребительскими свойствами. Обоснованы оптимальные массовые доли порошка расторопши и поваренной соли – 5,27 и 0,92 % соответственно в качестве компонентов целевых продуктов. Доказано, что зерновые хлебцы с оптимальным составом характеризуются улучшенными органолептическими, нормированными физико-химическими показателями, высокой пищевой, биохимической ценностью, являются безопасными.

Ключевые слова: зерновые хлебцы, спельта, цельнозерновые продукты, оптимизация рецептурного состава, комплексный показатель качества.

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