INTEGRAL BREAD DEVELOPMENT Type FRICA BREAD WITH TO MIXTURE OF FLOUR OF LINSEED AND WHEAT
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Nowadays the demand on the part of the consumers by nutritional products is being oriented towards sensory characteristics, search of nutricionales solutions and that contribute with the care of the health (functional foods). The objectives of the study were to evaluate the influence of the linseed flour addition on the nutritionals, functional and sensory properties in integral bread. The used methodology consisted of elaborating bread with two levels of concentration, 10% (PF1); 15% (PF2) and one show control with 100% (PFo). The stored were for 9 days samplings to object were made to evaluate the shelf life. The results of the humidity determined that sample PF1 presented/displayed a smaller variation of 3.58% with respect to the samples PFo - PF2, whose value was of 4.24%, the water absorption in (PF2) was the most stable front to the other levels with a 11.2% variation, thus this concentration favored this property. The sensorial of the samples to replace with linseed flour (PF1 - PF2) obtained a score of 4 (Good Quality) in a scale as 5 points; and in the case of the acceptability sample PF1 stayed in the zone of acceptability during 5 made samplings.