NUTRITIONAL PROFILE OF CEREAL BARS AND GRANOLA INCLUDING QUINOA 
(Chenopodium quinoa Willd) AND AMARANTH (Amaranthus caudatus).

Consuelo Díaz-Moreno, Jefferson Varón-Noreña. Instituto de Ciencia y Tecnología de Alimentos, Universidad Nacional de Colombia, Carrera 30 # 45 – 03 Edificio 500C, Bogotá, Colombia.

People interest about purchasing food products that are for easy consumption, with high nutritional, functional and sensory characteristics, promotes research in order to develop snack type products using pseudocereals such as quinoa and amaranth. In this work, cereal bars and granola were developed including different dehydrated fruits (Strawberry-Fr, mango-Mg, apple-Mz, pineapple-Pñ, cape gooseberry-Uc and grape-Uv). Each product is analyzed by proximate analysis and mineral content (Ca, Cu, Fe, K, Mg, Na and Zn). Nutrient profiles were statistically studied using one-way analysis of variance (ANOVA), Tukey’s test and correspondence analysis (CAR). Both products present an outstanding ash and mineral content. Quinoa-amaranth ratio and type of dehydrated fruit used in the formulation improve nutritional characteristics of products. Cereal bars containing Cape gooseberry had the highest nutritional profile among cereal bars with other types of fruit. The cereal bar has an average value of 373 ppm Ca, 5 ppm Cu, 40 ppm Fe, 723 ppm of Mg, 3539 ppm of K, 62 ppm Na and 16 ppm Zn, compared with commercial cereal bars are increased presence of Ca, Fe, K, Mg, Zn. The granola has an average of 611 ppm of Ca, 8 ppm Cu, 61 ppm Fe, 1594 ppm of Mg, 4857 K ppm, 296 ppm Na and 24 ppm Zn, compared to commercial granolas there are higher values in Cu, Fe, Mg and Zn, similar values for Ca, K and Na.