FUNCTIONAL AND ANTIOXIDANT PROPERTIES OF NEW BUCKWHEAT PRODUCTS*

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ABSTRACT: This study investigated wheat milling fractions (flours T-400, T-500, T-850, wholegrain flour and bran) and buckwheat (Fagopyrum esculentum Moench) milling fractions (hull, groat, dehulled grain, wholegrain flour and refined flour). Content of total polyphenols and total flavonoids, and antioxidant activity were determined in ethanolic extracts of wheat and buckwheat milling fractions. ESR spectroscopy was used for investigation of antiradical activity of wheat and buckwheat milling fraction extracts on reactive superoxide anion and hydroxyl radicals. HPLC analysis was used for quantitative and qualitative determination of polyphenols and tocopherols composition of wheat and buckwheat milling fractions. The correlation between phytochemicals content and antioxidant activity of wheat and buckwheat milling fractions has been analyzed.

After investigation of rheological properties of buckwheat dough, new cracker formulation has been developed and two types of gluten-free buckwheat crackers have been produced. Quality parameters of produced buckwheat crackers (refined and wholegrain) were analyzed and compared with control wheat crackers (refined and wholegrain). Content of total polyphenols and quantitative and qualitative composition of polyphenols and tocopherols were determined in crackers. Scavenging activity of crackers on DPPH radicals has been tested. Shelf-life of buckwheat and wheat crackers was determined applying gas chromatographic analysis of the formed aldehydes as secondary products of lipid oxidation. Sensory quality of the new buckwheat crackers has been established applying point-based method and instrumental analyses of color and texture.

Key words: buckwheat, phenolic compounds, tocopherols, antioxidant activity, crackers, functionality, gluten-free products

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INTRODUCTION

Consumers are increasingly interested in functional foods and this has led to greater supply of such products on the market. In the area of bakery products this trend is still relatively underdeveloped (Siro et al., 2008). Therefore, different alternative crops (amaranth, quinoa, buckwheat; etc.), as raw materials, are in focus for development of new bakery products.

Buckwheat (Fagopyrum esculentum Moench) is highly nutritious pseudocereal known as a dietary source of protein with favorable amino acid composition, vitamins, starch, dietary fiber, essential minerals and trace elements (Bonafaccia et al., 2003). Phenolic compounds are also found in abundance in buckwheat, including rutin, orientin, vitexin, quercetin, isovitexin, kaempferol-3-rutinoside, isoorientin, and catechins (Kreft et al., 2006).

In comparison to most frequently used cereals, buckwheat has been reported to
posses higher antioxidant activity, mainly due to high rutin content. Another function-
nality of buckwheat stems from its gluten-
free characteristics making buckwheat suitable for the diet for celiac disease pa-

MATERIAL AND METHODS

Commercially available buckwheat milling fractions (hull, groat, dehulled grain, who-
legrain flour and refined flour) and wheat milling fractions (flours T-400, T-500, T-
850, wholegrain flour and bran) were compared by: 1) quantification of main anti-
oxidant components: phenolic comp-
pounds and tocopherols, and the total phenolics and flavonoids content, and 2) de-
termination of antioxidant activity of milling fraction extracts by different direct
and indirect methods (through measuring scavenging activity on 1,1-diphenyl-2-pi-
crylhydrazyl (DPPH), hydroxyl (‘OH) and superoxide anion (O$_2^-$) radicals, reducing
activity, and chelating activity on Fe$^{2+}$.

Rheological properties of two types of buckwheat and wheat flours (refined and wholegrain) were investigated in order to estimate the potential usage of flours as appropriate ingredients for formulation of bakery products.

New formulations for gluten-free buck-
wheat crackers (refined and wholegrain)
were developed under the laboratory
conditions and compared with wheat ba-
sed crackers (refined and wholegrain).

Proximate composition, content of main anti-
oxidant compounds (polyphenols and
tocopherols), antioxidant activity (scaven-
ging activity on DPPH) and sensory qua-

Table 1.

<table>
<thead>
<tr>
<th></th>
<th>Refined wheat cracker</th>
<th>Refined buckwheat cracker</th>
<th>Wholegrain wheat cracker</th>
<th>Wholegrain buckwheat cracker</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total phenolic content (mg GAE/100g)</td>
<td>84 ± 1$^a$</td>
<td>231 ± 1$^c$</td>
<td>143 ± 3$^b$</td>
<td>292 ± 0$^d$</td>
</tr>
<tr>
<td>Phenolic compounds (mg/100g)</td>
<td>Protocatechuic acid 0.29 ± 0.01$^a$</td>
<td>1.59 ± 0.03$^c$</td>
<td>0.55 ± 0.01$^a$</td>
<td>2.42 ± 0.05$^d$</td>
</tr>
<tr>
<td></td>
<td>Ferulic acid 0.53 ± 0.00$^a$</td>
<td>0.69 ± 0.01$^b$</td>
<td>1.11 ± 0.01$^a$</td>
<td>0.75 ± 0.00$^c$</td>
</tr>
<tr>
<td></td>
<td>Rutin n.d.</td>
<td>2.06 ± 0.05$^a$</td>
<td>n.d.</td>
<td>5.02 ± 0.04$^a$</td>
</tr>
<tr>
<td></td>
<td>Quercetin n.d.</td>
<td>0.26 ± 0.01$^a$</td>
<td>n.d.</td>
<td>0.91 ± 0.06$^a$</td>
</tr>
<tr>
<td>Scavenging activity on DPPH $^*$ (IC$_{50}$ mg/mL)</td>
<td>28.2 ± 1.17$^c$</td>
<td>1.63 ± 0.07$^a$</td>
<td>16.2 ± 1.85$^b$</td>
<td>0.95 ± 0.17$^a$</td>
</tr>
</tbody>
</table>

Values are means of three determinations ± SD. Values in each row with the same superscript are not significantly different ($P < 0.05$). n.d.- not detected

RESULTS

Considering all applied assays for deter-
mination of antioxidant activity (electron spin resonance (ESR) spectroscopy and spectrophotometry) it has been concluded that all investigated milling fractions shou-
ved remarkable antioxidant activity. Buck-
wheat milling fractions expressed higher antioxidant potential (Sedej et al., 2010a, 2010b).

These findings suggest the potential im-
provement of the antioxidant properties of wheat-based food products through addi-
tion of buckwheat flour (Filipčev et al., 2011) or even complete replacement of wheat flour.

Mixolab measurements confirmed that the absence of structure-forming gluten pro-
teins influences the resistance of buck-
wheat dough (Sedej et al., 2011a). In con-
trast to bread, in crackers the gluten network needs to be only slightly develop-
ed for the dough to be cohesive without being too elastic, and therefore formulation of crackers with complete substitution of wheat buckwheat flour was accomplished. Buckwheat crackers were characterized
with higher content of dietary fiber in comparison to wheat crackers. Furthermore, crackers made from buckwheat flours have significantly higher ($P < 0.05$) total phenolic content than wheat crackers. Quantitative HPLC analysis (Mišan et al., 2011) revealed the presence of protocatechuic and ferulic acid in all tested crackers, whereas two flavonoids, rutin and quercetin were found in buckwheat crackers (Table 1). α-, γ-, δ-tocopherols in crackers were found in the following order: α- >> γ- > δ-tocopherol for all samples (Sedej et al., 2011b).

Content of γ-tocopherol and total tocopherols were significantly higher ($P < 0.05$) in both buck-wheat crackers in comparison to wheat ones.

Consequently, buckwheat crackers were superior in scavenging activity on DPPH• in comparison to wheat crackers as evidenced by their lower IC$_{50}$ value (Table 1). Sensory analyses of the crackers, which included evaluation of the representative properties of crackers done by the points-based method (Table 2), determination of surface color and texture analysis showed that buckwheat flours may be used in gluten-free cracker formulation without adversely affecting the sensory properties of crackers. Buckwheat and wheat crackers are presented in Figure 1.

Lipid oxidation in crackers, containing approximately 30% of vegetable fat, was monitored at the first day when they were baked, after 2 weeks, 1, 4, 6 and 12 months of storage at ambient temperature ($22 \pm 2$ °C). According to the obtained results of static headspace gas chromatographic (SHS-GC) method, there was no significant change in content of propanal, pentanal, hexanal, heptanal and octanal in all cracker samples during four months.

Table 2.
Sensory scores of crackers

<table>
<thead>
<tr>
<th>Property</th>
<th>Refined wheat cracker</th>
<th>Refined buckwheat cracker</th>
<th>Wholegrain wheat cracker</th>
<th>Wholegrain buckwheat cracker</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appearance (shape, uniformity, surface) Texture</td>
<td>3.97 ± 0.40$^b$</td>
<td>4.57 ± 0.40$^a$</td>
<td>4.66 ± 0.44$^b$</td>
<td>4.37 ± 0.39$^{ab}$</td>
</tr>
<tr>
<td>Structure, break, firmness</td>
<td>4.49 ± 0.79$^a$</td>
<td>4.79 ± 0.28$^b$</td>
<td>4.25 ± 0.52$^{ab}$</td>
<td>4.14 ± 0.65$^{ab}$</td>
</tr>
<tr>
<td>Chewiness and other textural properties Aroma</td>
<td>3.57 ± 0.69$^a$</td>
<td>4.46 ± 0.51$^b$</td>
<td>3.97 ± 0.37$^{ab}$</td>
<td>3.83 ± 0.66$^{ab}$</td>
</tr>
<tr>
<td>Odour</td>
<td>3.25 ± 0.67$^a$</td>
<td>3.18 ± 0.67$^a$</td>
<td>3.18 ± 0.58$^a$</td>
<td>3.27 ± 0.68$^a$</td>
</tr>
<tr>
<td>Taste</td>
<td>4.42 ± 1.04$^a$</td>
<td>4.83 ± 1.41$^a$</td>
<td>4.70 ± 0.93$^a$</td>
<td>4.39 ± 1.47$^a$</td>
</tr>
<tr>
<td>Weighted mean value</td>
<td>3.94</td>
<td>4.57</td>
<td>4.35</td>
<td>4.20</td>
</tr>
</tbody>
</table>

Scores are means of seven evaluations by seven panelists ± SD. Values in each row with the same superscript are not significantly different ($P < 0.05$). Scores: 1 – unacceptable, 2 – acceptable, 3 – good, 4 – very good, 5 – excellent.

Figure 1. Appearance of crackers: 1 – refined wheat cracker, 2 – refined wholegrain cracker, 3 – wholegrain wheat cracker, 4 – wholegrain buckwheat cracker.
After the sixth month of storage higher increase in aldehydes content was noticed in wheat than in buckwheat crackers, implying longer shelf-life of buckwheat crackers.

CONCLUSION

The results of this PhD thesis could be relevant for the production of gluten-free crackers based on buckwheat flours. Further research needs to be done in order to examine consumer acceptance of the new products and confirm biological activity of new products through in vivo experiments. The introduction of buckwheat crackers in the market would increase the diversity of functional bakery products and, even more importantly, of functional foods suitable for celiac disease patients.

ACKNOWLEDGMENTS

This doctoral dissertation was done as a part of the Project (TR – 20068) supported by the Ministry of Science and Technological Development, Republic of Serbia. I would like to acknowledge the project manager and my co-mentor Dr. Marijana Sakač for her guidance and assistance throughout the project, and for making it possible. Also I would like to acknowledge my mentor Prof. Dr. Jasna Čanadanović-Brunet for her invaluable guidance. Finally, I would like to thank my colleagues: Dr. Vesna Tumbas, Slavica Sančanin, Petar Grbić, Olivera Šimurina, Dr. Anamarija Mandić, Dr. Aleksandra Mišan and Dr. Mladenka Pestorić for their support, technical expertise and help.

REFERENCES

ФУНКЦИОНАЛНА И АΝТИОКСИДАТИВНА СВОЈСТВА НОВИХ ПРОИЗВОДА ОД ХЕЉДЕ

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- Извод из докторске дисертације -

Сажетак: У раду су испитане фракције млевења пшенице (брашно Т-400, Т-500, Т-850, интегрално пшенично брашно и мекиње) и фракције млевења хељде (Fagopyrum esculentum Moench) (цело зрно хељде, љуска хељде, очишћено зрно, интегрално хељдино брашно и бело хељдино брашно). У етанолним екстрактима фракција млевења пшенице и хељде одређен је садржај укупних растворљивих полифенола, укупних флавоноида и антиоксидативна активност. ESR спектрометријом испитана је антирадикалска активност екстраката фракција млевења пшенице и хељде на реакцивне супероксид анјон и хидроксил радикале. HPLC анализом утврђен је квалитативни и квантитативни састав полифенолних једињења и токоферола испитаних фракција млевења пшенице и хељде. Анализирана је корелација између садржаја фитохемикалија и антиоксидативне активности фракција млевења пшенице и хељде.

Након испитивања реолошких својстава теста од хељдино брашна, развијена је нова формула за крекере и произведен су безглутенски крекери од хељдино брашна. Покушајема је одређен садржај укупних растворљивих полифенола, утврђен је квалитативни и квантитативни састав полифенолних једињења и испитана је антирадикалска активност на DPPH радикале. Испитивање одрживости крекера од хељдино брашна обухватало је опредељивање насталих алдехида, као секундарних производа оksидације липида, гасном хроматографијом. Сензорски квалитет новокреираних крекера од хељдино брашна одређен је методом бодовања и инструменталним анализама боје и текстуре.

Кључне речи: хељда, полифенолна једињења, токофероли, антиоксидативна активност, крекери, функционалност, безглутенски производи

Received: 10 September 2011
Accepted: 30 September 2011