

NUTRITIVE AND FUNCTIONAL PROPERTIES OF QUINOA

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June 2018

INTRODUCTION

Quinoa (*Chenopodium quinoa* Willd.) is a plant originally from the Andean region of South America, which belongs to the family Amaranthaceae, with great adaptability to the climate.

OBJECTIVE

Collect and analyze available literature on the nutritional and functional properties of quinoa to provide information to the consumer, due to the fact there is a lot of untested information on the Internet.

NUTRITIVE PROPERTIES

PROTEINS
Essential amino acids

CARBOHYDRATES
Starch

VITAMINS AND MINERALS
Vitamin B and C
Potassium, Magnesium,
Calcium and Iron

SAPONINS

FAT
Linoleic acid

FUNCTIONAL PROPERTIES

**WATER AND OIL
ABSORPTION CAPACITY**

GELATION

SOLUBILITY

**EMULSION
CAPACITY**

VISCOSITY

**FOAMING
CAPACITY**

**WATER-HOLDING
CAPACITY**

CONCLUSIONS

- Quinoa is a food that has very balanced nutritional properties.
- It contains essential amino acids.
- It is a source of riboflavin (vitamin B2), ascorbic acid (vitamin C), and minerals.
- It is a food suitable for celiac.
- The proteins and the quinoa starch allow to make different products thanks to their functional properties.