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Gluten free Formulations: Pseudocereals as Nutritious and Chemically Diverse Ingredients

Giresha AS[1], Chandra Prakash Lora[2], Navneet Kumar[3]

[1]*Department of Biochemistry, School of Sciences, JAIN (Deemed-to-be University), Bangalore, India,* [2]*Department of Chemistry, Vivekananda Global University, Jaipur, India,* [3]*Department of Chemistry, Teerthanker Mahaveer University, Moradabad, Uttar Pradesh, India.*

Abstract

Celiac disease (CD) patients have no other treatment options outside the permanent elimination of all foods that contain gluten from their diets. The gluten-free products that are currently on the market have a reputation for having a low standard of quality and offering few if any nutritional advantages. This research investigated the viability of including nutritional supplements consisting of the pseudocereals quinoa, buckwheat, and amaranth in gluten-free breads in the hopes of improving the bread's overall nutritional profile. It was determined if the gluten-free bread with pseudocereals or the gluten-free bread without pseudocereals had a superior nutritional profile. There is a significant increase in the amount of protein, fat, fiber, and minerals that may be found in gluten-free breads prepared with pseudocereals. These breads contain qualities that are in line with the requirements for gluten-free diets and meals, so they may be consumed without worry. According to these studies, employing pseudocereals like buckwheat, quinoa, and amaranth in lieu of typical components present in gluten-free alternatives may have the potential to increase the products' nutritional content.

Keywords: chemical composition, bread, nutritive value, gluten-free, Coeliac disease (CD)

Full length article **Corresponding Author*, e-mail: asgiresha@gmail.com

1. Introduction

Pseudocereals have drawn a lot of interest since they are nourishing and include a variety of chemicals in gluten free formulations. Positive effects on "dough consistency", "bread volume", "softness", and general acceptance may result from the interaction between pseudocereal flour and radio frequency (RF) therapy. Because of their high nutritional value and gluten free status, pseudocereal flours like buckwheat, quinoa, and amaranth are becoming more and more well-liked. Improved dough consistency may be obtained by combining RF treatment with pseudocereal flour. The hydration capacity and water absorption of the pseudocereal flour may be improved by the RF treatment, which will improve dough development and formation. The dough may become more cohesive and workable as a consequence [1]. Three independent linear regression studies would be carried out to provide distinct models for bread, spaghetti, and biscuits. Each analysis would look at a particular food product. It would be cleaned up and put in an appropriate manner for analysis. Addressing missing data, removing outliers, and, if required, normalizing or modifying variables are all possible steps in this procedure. To determine the strength and direction of the impact of GFP or GCC on the nutritional content of bread, pasta, and biscuits, analyzes the coefficients of the linear regression models [2]. When seeds of dicotyledonous plants germinate, they normally have two embryonic leaves (cotyledons), while seeds of monocotyledonous plants only have one embryonic leaf. One of the main divisions in botany is this dichotomy. Although not actual cereals, amaranth, quinoa, and buckwheat are sometimes referred to as pseudocereals because of the similarities in their nutritional profiles and culinary applications. These pseudocereals are favored by people with certain dietary requirements or preferences because of their high protein content, distinctive taste profiles, and gluten-free attributes [3]. People with celiac disease and other gluten-related diseases must cut out all sources of gluten from their diet to properly manage their condition and preserve their health. This requires staying away from sources of gluten that are not as evident, such as bread, pasta, and baked products produced with wheat flour, as well as sources that are more difficult to detect, such as processed meals, sauces, dressings, and even cross-contamination during food preparation. By properly following a gluten-free diet, people may be able to decrease symptoms, allow their small intestine repair, and prevent long-term effects connected to gluten-related disorders [4]. In Coeliac disease (CD), gluten consumption sets off an immunological reaction those results in enteropathy, a disorder marked by damage to the small intestine's lining. In people with CD, the protein gluten, which is present in wheat, barley, and rye, may result in an immunological response. Gluten causes the immune system of a person with CD to produce antibodies, notably tissue transglutaminase (tTG) antibodies. The villi, which are finger-like projections on the small intestine responsible for absorbing nutrients from food, are the specific target of these antibodies [5]. Even while many diets include a lot of bakery items, not everyone can handle gluten. As was already noted, people with celiac disease have an immunological response to gluten, which causes harm to the small intestine. Those who respond poorly to gluten but do not have the identical immune response or intestinal damage as those with celiac disease are said to have non-celiac gluten sensitivity. For those with celiac disease or non-celiac gluten sensitivity, it's important to stay away from bakery items that contain gluten and choose gluten-free options instead [6]. The use of hydrocolloids as additives in bread is possible since they can bind water and produce gels. Because hydrocolloids can bind water, an increase in their concentrations may result in more moisture in the bread. This may aid in enhancing the bread's overall moisture retention and freshness. The kind and amount utilized, as well as other elements in the creation and preparation of the bread. To enhance the texture, shelf life, and sensory properties of bread, hydrocolloids are often employed in baking processes [7]. Consumer contentment Researchers and enterprises may develop goods and services that live up to customer expectations by knowing what they desire. More customer satisfaction results in better levels of client retention, more revenue, and improved brand reputation. Competitiveness in the market Innovation and enhancement of goods and services are often driven by consumer needs. Researchers and businesses may maintain their competitiveness in the market by being aware of these expectations. They may set themselves apart from rivals and win a bigger market share by providing what customers want [8]. Comparing alternative components to conventional ones, they often have better nutritional profiles. For instance, foods like whole grains, superfoods, and plant-based proteins are high in vitamins, minerals, fiber, and antioxidants. Manufacturers may improve food items' nutritional value and provide customers with healthier alternatives by adding these components. Alternative ingredients assist in satisfying these needs and adapting to changing customer tastes. This trend may be seen in the rising availability of meat substitutes made from plants, dairy-free goods, gluten-free choices, and functional meals enhanced with healthy components [9]. In gluten-free portions of pasta, a protein network may be built using proteins from other sources, such as legumes (such as peas and lentils), quinoa, or even proteins derived from insects. To replicate the effects of gluten, these proteins have certain functional characteristics that aid in the development of a cohesive structure, texture, and stability. To get the required pasta texture, various ingredients are often combined with protein isolates or concentrates. The typical wheat-based portions of pasta' cooking techniques, look, and texture. To maximize the final product's sensory qualities and general customer approval, researchers and companies test various constituent ratios, processing methods, and formulations [10]. Pseudocereals have gained popularity as components in the creation of gluten free goods due to their nutritional benefits, gluten free status, adaptability, and distinctive taste profiles. To develop more nourishing and enticing gluten free formulations, scientists and businesses continue to investigate the possibilities of Pseudocereals and their many uses.

The Study [11] describes three primary Pseudocereals grains quinoa, amaranth, and buckwheat are analyzed in terms of their nutritional value and photochemical composition. Additionally, thorough details are given about the most current evidence of their favorable impacts on human and animal health. Breakthroughs in their utilization for the production of innovative GF products are discussed in this article, which draws on the increasing body of evidence that pseudocereal grains should be included in the diet of celiac patients. Future directions are also underlined for the further production and commercial use of these crops. The study [12] determines biggest worry for CDs on the GF diet is the reduced intake of dietary fiber (DF), which is caused by the substitution of wheat flour with rice flour and commercially available starches, as well as other nutrient deficiencies. The population surveys showed that CDs consumed less DF. Commonly utilized to supplement the lack of DFs in GF goods include pseudo-cereals, GF cereals, fruits, vegetables, legumes, and pulses. The research [13] summarizes what is currently known about buckwheat, including its properties, nutritional makeup, bioactive elements, and potential for use in the creation of gluten-free goods for the 1.4% of the world's population who have celiac disease and associated illnesses. The research [14] evaluates Protein powders from peas, pumpkin seeds, coconut, aronia berries, carrots, tomatoes, and ginger are all added to the recipe at a concentration of 15% to show that quinoa flour is more nutrient-dense than rice flour. The protein content of quinoa flour was 12.24 percent, the fiber content was 6.85 percent, and the ash content was 1.6 seven times that of rice flour's 0.5 tenths of a percent. The study [15] phenolic and antioxidant profiles of 18 GF flours from legumes, cereals, and pseudocereals were examined in this paper. Across samples, observable variations might be significant. While violet, Nerone, and black rice flours had the greatest total anthocyanin concentration, violet rice flour had the highest overall phenolic content. The antioxidant activities of FRAP and ORAC were found to be greater in violet rice flours and to be connected to phenolic levels.

2. Methods and Materials

2.1 Seed Materials

Dust and other pollutants were removed from Buckwheat seeds before delivery. Manufacturers pre-processed quinoa seeds by washing, centrifuging, and drying them to partly eliminate saponins and dust. To keep the samples dry and cold while waiting for examination, they were stored in insulated paper bags inside polyethylene drums.

2.2 Bread ingredients

The following ingredients were used wheat seeds, sprouted buckwheat achenes, rice flour, potato starch, sunflower oil, baker's fat, wheat flour, 100% vegetable oil, linseed oil, xanthan gum, fresh yeast, salt, caster sugar, pseudocereal and Buckwheat achenes, which have sprouted have soaked and germinated in a micro malting machine. During the steeping stage, 158°C was maintained for 24 hours while 1 kg of buckwheat seeds was treated to three-hour soaked and dried-out cycles that alternated. The soaked grains were then allowed to germinate for 96 hours at a temperature of 188C. Every 30 minutes, the seeds were flipped during steeping and germination. After the seeds had germinated, they were freeze-dried and stored at 208°C until analysis.

2.3 Preparation of bread

2.3.1 Gluten-free batter

Using a Hobart A120 mixer set to speed 1, the dry ingredients were combined for 1 minute. Mildew was then dissolved in a stream and supplementary to the dried-out components along with the smear with oil, and the batter was then diverse for an additional tiny. Following scrubbing the bowl's bottom, the batter was again stirred for two minutes at a time.

2.3.2 Wheat dough

The mildew was combined with the other ingredients and blended for three minutes at speed three after it had been dissolved in water. A Farinograph reading of the ideal mixing time was made.

After that, the batter or dough was weighed into pup loaf pans (65 g) and proofed for forty-five minutes at 40°C and 80 percent relative humidity. For 20 minutes, the Breads were cooked at 225-235oC in a deck oven. Following cooling to room temperature, they were cut into slices and freeze-dried.

2.4 Chemical analysis

2.4.1 The seeds and cooked Breads were analyzed for macronutrients

By analyzing the amounts of sugars, proteins, fats, and other ingredients in a sample of food, a laboratory analysis may be used to identify the composition of macronutrients. The information on the particular product being examined is more precise and in-depth thanks to this study. It is recommended to use laboratory test results offered by food makers, research studies, or reputable databases on food composition to acquire the chemical analysis for a specific seed or baked bread. In-depth information on the macronutrient composition of certain meals is often available from these sources.

Before the samples, a blank run and ethylenediamine tetraacetic acid (9.57% N) reference compound were performed. A sealed furnace operating at 1,150oC burned the samples (30±2 mg) in combustion. The utilized nitrogen-to-protein conversion factors for quinoa, buckwheat, and amaranth seeds were 5.85, 5.96, and 5.70, respectively, and 6.7 for wheat grain. Using a Brabender moisture oven, wetness was calculated according to a protocol based on ICC method 112.5. Acid hydrolysis was used to measure fat following AOAC method 922.06 with a few minor adjustments. In a graduated cylinder, add 2 g of the sample, 5 ml of ethanol, and then 15 ml of diluted hydrochloric acid.

2.4.2 Fatty acid analysis of seeds and bread

The content and concentration of various fatty acids in the seeds and baked Breads may be ascertained by analyzing the data acquired from the GC analysis. Saturated fatty acids (such as palmitic acid and stearic acid) and monounsaturated fatty acids are often identified in these samples. To determine their molecular structures, the isolated fatty acids are compared to recognized standards. By measuring the peak regions or using calibration curves based on established standards, one may quantify the concentrations of specific fatty acids contained in the sample. It is necessary to prepare the baked loaves of bread and seeds for examination. To get a representative part of the samples for analysis, this may include grinding or homogenizing them.The temperature gradient program that was employed went like this: beginning temperature 50oC, hold time 1 min, 20oC/min to reach 160oC, 4oC/min to 220oC, hold time 5 min, 4oC/min to 240oC, hold time 10 min. A 2 ml/min flow of hydrogen served as the carrier gas. The injector and detector were kept at respective temperatures of 300oC and 270oC throughout the study.

2.4.3 Statistical analysis

There were three copies of each analysis. The results were given as means with 9 standard deviations. The information Toolbox of the program Matlab 8.6 R2009a was used to run one-way analyses of variance for each of the assessed attributes and to separate the means using the Tukey-Kramer test. Differ of $P<0.01$ or more were deemed considerable.

3. Results and discussions

A possible strategy is to add pseudocereals such quinoa, buckwheat, and amaranth to gluten-free breads to improve their nutritional profile. The creation of gluten-free breads that are not only safe for those with gluten-related diseases but also provide better nutritional advantages may be facilitated by more research and development in this field.

3.1 Seed and bread macronutrient analysis

Table 1 and Figure 1 contain the findings from the macronutrient analysis of wheat, buckwheat, quinoa, and amaranth seeds. Amaranth (17.5%) and quinoa (15.5%) seeds have considerably more protein than wheat (12.0%), which was the other seed type. More than twice as much fat as wheat (3.5%) was found in the seeds of quinoa and amaranth, at 6.7% and 6.2%, respectively. With a 2.1% fat content, buckwheat was the least fatty of the seeds examined. With a calculated value of 30.5%, this seed also has the largest amount of dietary fiber ($P<0.01$). Wheat had an 18.4% dietary fiber level. All pseudocereal seeds had considerably greater ash contents than wheat (1.6%), with the highest values being seen in amaranth (3.8%) and quinoa (3.7%, $P<0.01$). Table 2 and Figure 2 are comparable seeds by different researchers. The values found in this research are similar to those found in published data, and any minor variances found may most likely be related to variations in the kind of seeds used in the study, as well as, to a lesser degree, to environmental factors and cultural customs.

Table 1: Macronutrient analysis

Seed	Ash	Fat	Protein	Total starch	Dietary fiber
Amaranth	3.8	6.7	17.5	63.4	21.6
Quinoa	3.7	6.2	15.5	65.2	15.2
Buckwheat	3.1	3.1	13.5	59.9	30.5
Wheat	2.5	3.5	13.0	64.0	18.4

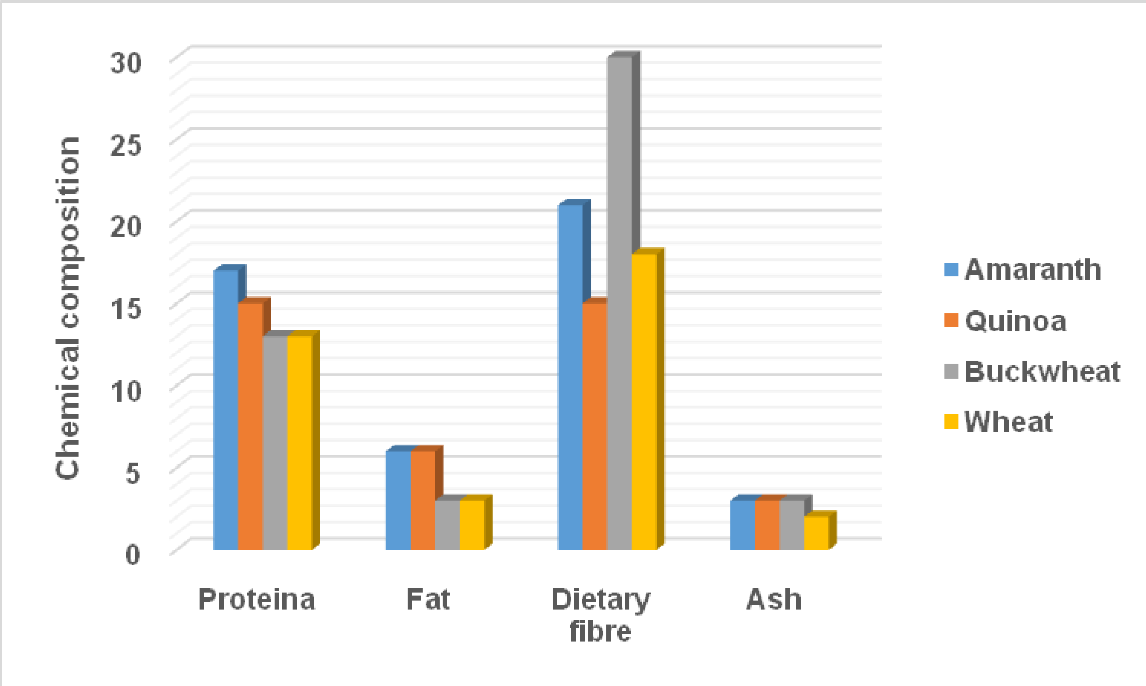

Figure 1: Comparison of Macro nutrient

Table 2: Amaranth, quinoa, and buckwheat seeds have different chemical compositions

Seeds	Fat	Dietary fibre	Ash	Protein
Amaranth	10.1	13.0	3.9	15.9
Quinoa	7.3	14.3	4.8	16.0
Buckwheat	3.9	28.4	3.2	12.7

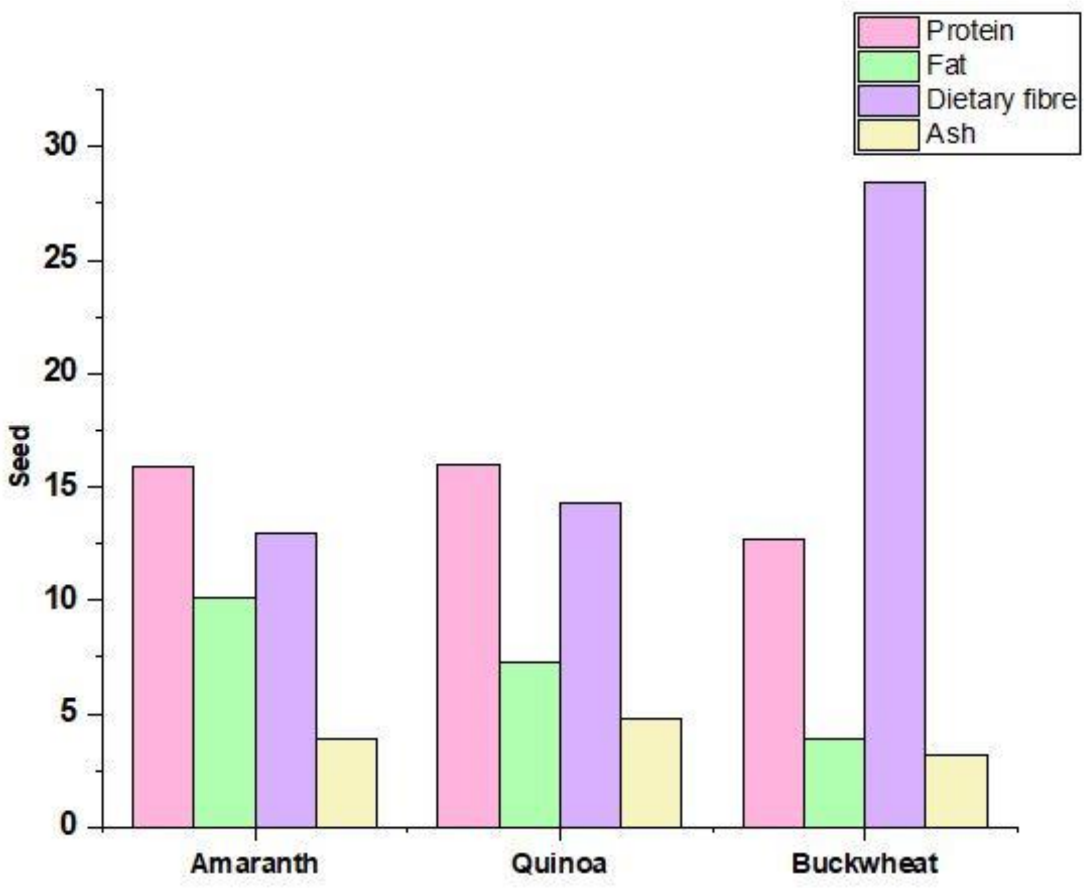

Figure 2: Comparison of chemical composition

Table 3: Sprouted buckwheat bread chemically formed

Bread type	Total starch	Ash	Protein	Fat	Dietary fibre
GFC	76.4	3.3	4.2	7.7	8.6
WC	78.5	3.8	12.9	3.6	14.4
A	74.2	4.3	12.6	9.8	18.2
Q	73.6	5.1	11.9	9.6	17.1
B	69.9	3.6	9.4	8.5	24.3
100%Q	56.9	4.9	13.5	11.4	21.4
SpB	52.1	4.6	12.6	8.0	28.5

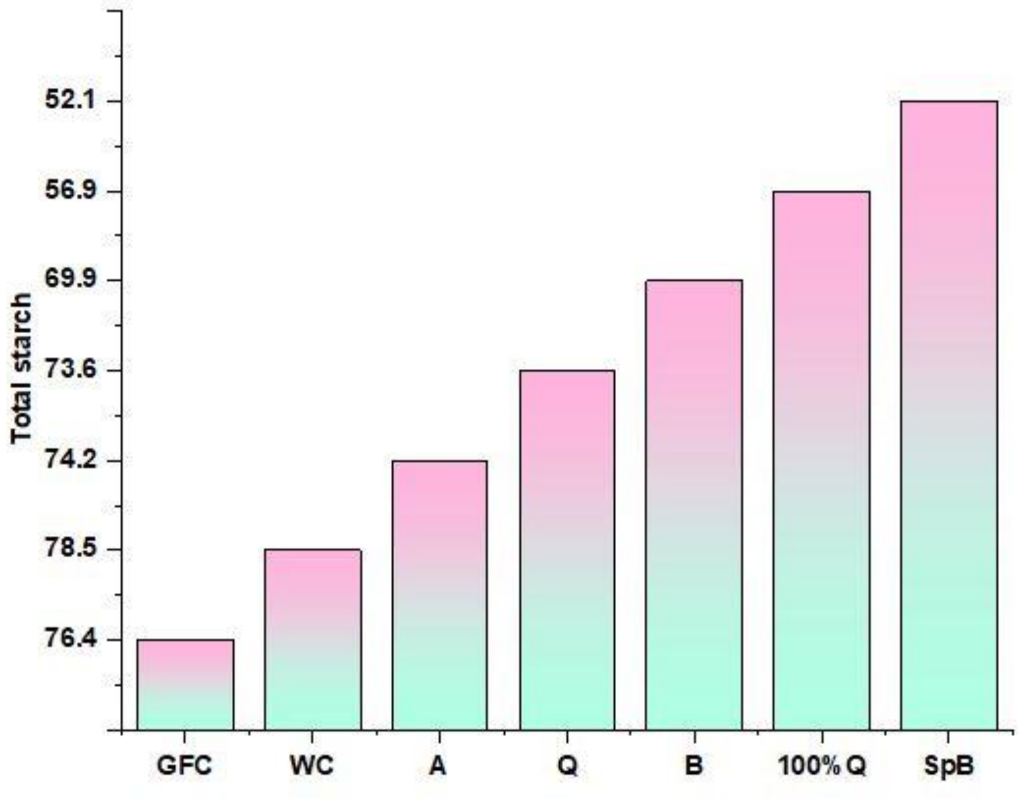

Figure 3: Total starch of sprouted buckwheat

Table 4: Buckwheat, wheat seed minerals, Amaranth, and quinoa minerals

Seed	Calcium	Magnesium	Zinc	Iron
Amaranth	181.1	280.2	2.6	10.2
Quinoa	33.9	207.8	2.8	6.5
Buckwheat	61.9	204.4	2.0	5.7
Wheat	35.8	97.4	2.2	4.3

Table 5: Wheat, amaranth, quinoa, Minerals in gluten-free, buckwheat, sprouted buckwheat pieces of bread, and 100% quinoa

Bread type	Calcium	Magnesium	Zinc	Iron
GFC	24.7	21.0	1.3	2.3
WC	100.6	75.7	2.9	6.2
A	99.1	150.7	2.8	5.3
Q	29.7	100.7	3.1	3.8
B	42.3	100.8	2.5	4.9
100%Q	35.6	164.6	2.8	6.5
SpB	97.6	169.6	2.1	5.7

Comparing the protein and fiber contents of amaranth to the average composition for A.The primary amaranth species' starch content was found to vary between 49% and 70%, while data on total dietary fiber, however few, revealed variation both within and across species (8.6-17.5%) for A. There is minimal variation in the ash concentration among species and ranges from 2.64.4% to 2.64.6%. The overall means for the immediate studies of the several Andean quinoa varietals. The only variation among the 2 quinoa data sets was the average ash content, which was greater than the cost obtain for the quinoa sample included in this investigation (3.9% vs 2.8%). Additionally the common buckwheat's chemical make-up from the 1999 crop harvested in Slovenia. Compared to the values obtained in the current research, the contents of protein and total dietary fiber were somewhat lower, while the contents of fat and ash were greater.

3.2 Gluten-free Control (GFC)

The chemical breakdown of amaranth (A), sprouted buckwheat (SpB), quinoa (Q), quinoa (100%Q), buckwheat (B), 100%, and wheat control (WC) loaves are shown in Table 3 and Figure 3. In general, pieces of bread with a greater nutritious content were generated when milled amaranth, quinoa, and buckwheat pseudocereal were used instead of potato starch to the tune of 50%. These loaves, which contain 50% pseudocereal, had protein contents that were always at least twice as high as those of the GFC. The 50 percent pseudo bread with the greatest protein content was those with amaranth (12.6%), quinoa (11.6%), and buckwheat (9.4%). For example, bread B's fiber content, at 24.3%, was more than three times more than that of GFC bread ($P<0.01$). More than twice as much fiber was included in the A and Q breads 18.2% and 17.1%, respectively as in the GFC bread. The lipid and fiber levels of A and B loaves were substantially greater than those of the WC bread. When the control gluten-free formulation's rice flour and potato starch were entirely swapped out for Pseudocereals flour, an additional boost in the number of nutrients was seen. 100%Q bread and SpB bread were the two varieties of bread made. In line with expectations, 100%Q and SpB bread had higher protein, fiber, and ash levels than B and Q pieces of bread, although the entire starch comfortable was lower ($P>0.01$). Additionally, these loaves of bread had a greater nutritional value than WC bread.

3.2 The mineral content of the baked bread and seeds

As a whole, the minerals tested were present in greater concentrations in the pseudocereals' seeds than in wheat. The greatest levels ($P>0.01$) of calcium, magnesium, and iron were found in amaranth, whereas the uppermost levels ($P>0.01$) of zinc and the second-highest levels of iron were found in quinoa. Buckwheat had a calcium concentration of 60.9 mg/100 g, which was almost twice as much as what was present in quinoa and wheat. The average morals shown in Table 4 were lower than the samples. Genetic control over variations in mineral content is possible, but environmental variables, particularly the availability of soil minerals during plant development and seed formation, are important.

The high protein content of quinoa and amaranth is one of their more important qualities. In the current research, their protein level was noticeably greater than the kinds of wheat. More crucially, proteins from buckwheat, quinoa, and amaranth are regarded as safe in CD diets. The protein in amaranth, quinoa, and buckwheat, in contrast to other common grains, are mostly made up of extremely small to no storage space proteins. Pseudocereal proteins have an amino acid profile that is much better than that of ordinary grains because they include more lysine and less glutamic acid and proline. The concentration of thermally opposed to trypsin inhibitors and tannins in buckwheat seeds might help to partially explain the limited protein digestibility of buckwheat protein. Additionally, protease inhibitors in buckwheat have shown allergic reactivity with typical symptoms such as asthma, urticaria, wheezing, and anaphylactic shock. Therefore, it has been proposed that while developing foods containing buckwheat, considerations for its possible allergenic reactivity should be made. The amount of fat and its makeup are significant considerations in the food business since fat degradation may negatively impact food quality and shelf life. The nutritional value of lipids is also dependent on the fat content, specifically the fatty acid profile.As was previously mentioned in the findings section, dietary fiber is another element of physiological importance that is present in large quantities in the pseudocereal seeds. It is well acknowledged that eating foods naturally high in dietary fiber is good for maintaining health.Here amaranth and quinoa samples had lesser calcium, zinc, and iron levels than the typical values shown in Table 4.Mineral-contented variations may be hereditarily regulated, but environmental influences during plant development and seed formation, particularly the availability of soil minerals, are important.Table 5 lists the results of the study of the minerals. The calcium, magnesium, zinc, and iron concentrations of every loaf of bread made with pseudocereal flour were considerably greater than those of the GFC bread.The bread had the greatest calcium, magnesium, iron, and second-highest zinc levels among the 50% pseudo loaves of bread (PB0.01).As anticipated, compared to the 50% pseudo pieces of bread, the mineral content rose much more for the 100%Q and SpB loaves, with values approaching those of wheat bread. Particularly, compared to wheat bread, 100%Q, and SpB breads had much greater magnesium content. The pseudocereals buckwheat, quinoa, and amaranth are often strong sources of these and other significant minerals, as detailed in the results section. Additionally, the extraordinary mineral richness of these seeds has been previously mentioned by several writers. Phosphorus, calcium, potassium, and magnesium concentrations in amaranth seeds are often greater than those in cereal grains.

4. Conclusions

Patients with CD may safely consume quinoa, buckwheat seeds, and amaranth. The nutrient composition of the resultant gluten-free bread is improved when whole grains are used instead of processed gluten-free flour and sugar. Gluten free sandwiches made with pseudocereals, in specific, have substantially greater amounts of protein, fat, fiber, and minerals. These pieces of bread are nutritionally sound and conform to guidelines for both CD diets and CD products. Based on the findings, pseudocereals including buckwheat, quinoa, and amaranth show promise as sources for healthy alternatives to gluten. Different compatibilizers and their content of them MP also thermal characteristics of the PP/CST blend were studied in the present article. Infrared weight loss of PP/CST blends was more significant than every pure CST and inferior to that of pure PP, placing them among the two purses. The SEM result demonstrates the addition of the Compatibilizers to the blend solution improved CST and PP's interface adhesion and dispersal. Regarding bonding employees, KH-570 not only exhibited the most improved properties but also continued to function as a plasticizer. It thinks the outcome will direct the creation of biodegradable polymers.

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