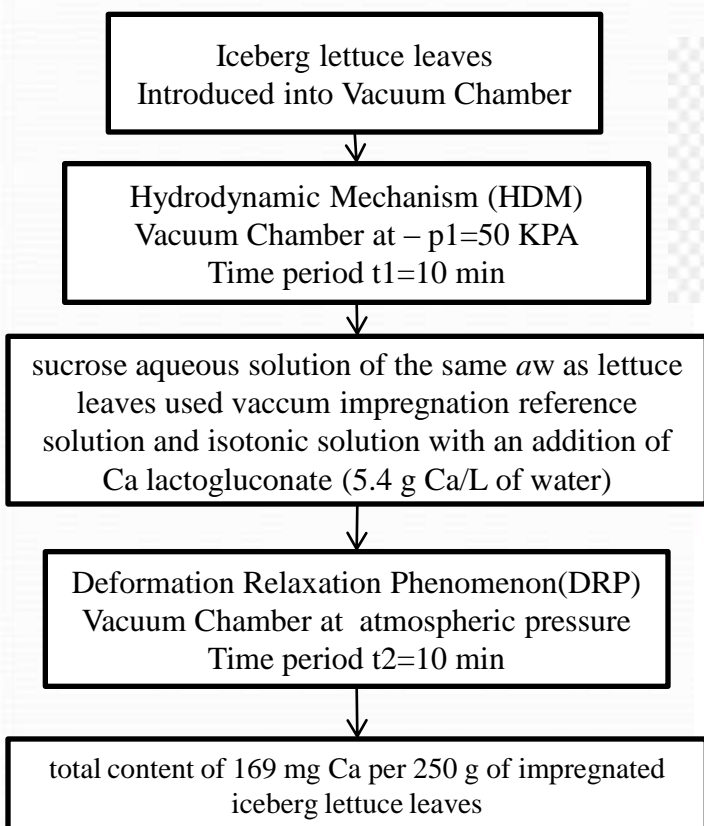


## vacuum impregnation to modify health-promoting properties of Iceberg lettuce leaves

Raw Material	Composition of Vacuum Impregnation Solutions	Process Parameters	Effect
Iceberg lettuce leaves	sucrose aqueous solution of the same <i>a<sub>w</sub></i> as lettuce leaves used vacuum impregnation reference solution and isotonic solution with an addition of Ca lactogluconate (5.4 g Ca/L of water)	<i>p</i> 1 50 kPa <i>t</i> 1 10 min <i>t</i> 2 10 min	total content of 169 mg Ca per 250 g of impregnated iceberg lettuce leaves

### Flow Chart



### Vacuum Impregnation Setup



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### Result:

Total content of 169 mg Ca per 250 g of impregnated iceberg lettuce leaves. Gras et al. (2011) enriched iceberg lettuce with calcium using vacuum impregnation and obtained calcium content similar to that in dairy products at 160 mg Ca<sup>2+</sup> per 250 g of lettuce, making the product an alternative source of calcium.