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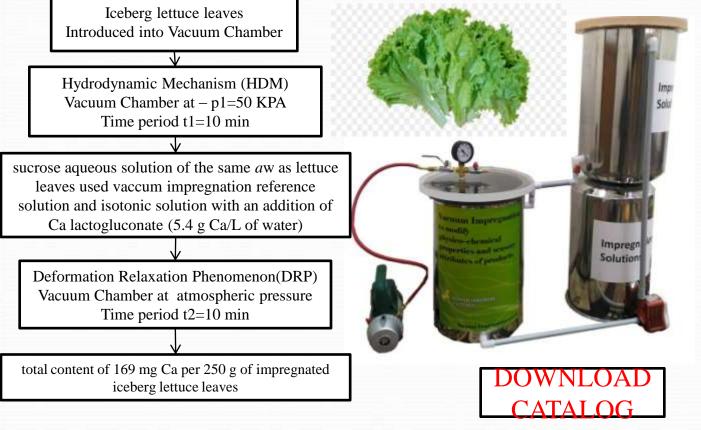


vacuum impregnation to modify health-promoting properties of Iceberg lettuce leaves

Raw Material	Composition of Vacuum Impregnation Solutions	Process Parameters	Effect
Iceberg lettuce leaves	sucrose aqueous solution of the same aw as lettuce leaves used vaccum 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			

Flow Chart

Vacuum Impregnation Setup



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 Ca2+ per 250 g of lettuce, making the product an alternative source of calcium.

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