

A PROCESS FOR THE PREPARATION OF SOY BASED LOW-FAT AND HIGH PROTEIN SNACK

Technical Field

5 The present invention relates to a soy based low-fat and high protein snack and a process for the preparation of soy based low fat and high protein snack.

Background Art

10 Generally, manufacture of a snack food involves some form of extrusion of cereal/pulse dough followed by frying. Some times such products are also roasted for direct consumption, such as *papad*, or wafers. It is a common practice to add fat (shortening) to obtain the product crisp. In many developed countries they are usually prepared by high-pressure extrusion to achieve high degree of expansion. In India these are made by forming extrusion (or sheeting by rollers) optionally with addition of some leavening agents
15 followed by deep-frying in oil or roasting, leading to a crisp product.

A few processes available for the production of low-fat products in different countries are described.

Reference may be made to, Lanner et al., 2000, The Procter & Gamble, Cincinnati, US patent No. GB 6033707 wherein a fried snack product is extruded and shaped into a
20 design. The dough is formed by mixture of starch-based flour with a specific ratio of gelatinized starch and an amount of protein. The emulsifier keeps the integrity of the structure of the product. However, this product is deep-fried and may not result as a low-fat product.

Reference may be made to Reed et al., 1999, The Procter & Gamble, Cincinnati,
25 US patent No.5922386, wherein a reduced fat, shaped snack product having light, crispy and crunchy texture is prepared. The product has the fat content of 20-38%. However, this product is starch flour based and the fat content in the product is much higher than in the present investigation.

Reference may be made to Lodge et al., 1995, The Procter & Gamble, Cincinnati,
30 US patent No. 5464643, wherein a low-fat, shaped fried snack product having light, crispy and crunchy texture is prepared. The product is starch flour based with 3% hydrolyzed starch. The dough is formed and made into sheets and fried to provide a snack having 20-32% fat and having more flavors. However, the fat content in the product is much higher than in the present investigation and the product is not soy based.

Reference may be made to Villagran et al. 1994, The Procter & Gamble, Cincinnati, US patent N0. 5362511, wherein a fried snack food based on cereal grain having improved qualities are developed. The cereal grain based dough containing a protein is extruded and deep-fried to have reduced gumminess or tooth packing and
5 grittiness. However, this product is deep-fried and may not result as low-fat product.

Reference may be made to Maegli-JW, 1994, Beatreme Foods, Beloit, WI, USA, US patent N0. 5298268, wherein, a low-fat, seasoned, cereal-based snack food having low moisture content by the use of an adhesive is described. However, this is not a soy-based snack.

10 Reference may be made to Finger-PJ and Eckhardt-D, 1994, Kernel Foods, London, NW-10 6EX, UK, UK patent No. GB 2270613A, wherein the method of making a snack food involves the preparation of dough from durum wheat flour and water, shaped, fried and cooled rapidly. The snack mentioned here is wheat based and not soy.

Reference may be made to Lodge RW and Allen CH 1993, The Procter & Gamble, Cincinnati, US patent N. 5188859, describing the process for preparing a low-fat snack with a light, crispy, crunchy texture, made from potato flour, sheeted, cut and coated with oil and cooked with hot air or superheated steam. The cooked snack contains 10-20% fat, having fried like texture and flavor. This product is prepared with potato flour and not soy.
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The reference may be made to Young et al., 1992, The Procter & Gamble, Cincinnati, US patent No. 5171600, wherein a process for preparing a low-fat shaped snack product having a light, crispy texture prepared from 50-80% potato flour, sheeted and cut or extruded, fried to moisture of 5-15% and excess fat removed by superheated steam, resulting in a snack having 12-25% fat is described. However, this product is not soy based.
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Reference may be made to Ueda et al., 1991, Otsuka pharmaceutical co. Lmt. Tokyo, Japan, US patent No. 505270, wherein, a high protein nutritive food which has a protein content of 40-85% (based on solids) is prepared by heating the dough under reduced pressure using soy proteins. However, the formulation and method of preparation is different from the present product.
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Reference may be made to Gage et al 1988, The Procter & Gamble, Cincinnati, European patent No. EP 0287158A2, describing the preparation of extruded-cooked snack chips comprising corn, fat and water. The chips are lower in fat and higher in fibre than conventional snack chips containing up to 1% emulsifier, having light texture, an absorbent material for crunchiness. Process involves extrusion cooking to 60-80%
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gelatinization and fried in shortening. However, this product is prepared by extrusion cooking and is corn based.

Reference may be made to Willard MJ, 1988, Willard, Idaho Falls, ID, USA, US patent N0. 4770891 wherein, an expanded fried cereal-based snack product are prepared
5 from a low-water-absorbing component, a high-water-absorbing component and a starch component. The total dry solids are mixed with water to form dough, sheeted, cut into pieces and fried in hot oil to form a fried snack with low-fat content. This is totally a cereal-based snack product.

Reference may be made to Willard MJ, 1988, Willard, Idaho Falls, ID, USA, US patent
10 N0. 4769253, for the preparation of an expanded fried cereal-based snack product is given comprising low-water-absorbing component, a high-water-absorbing component and a starch component, extruded and fried in hot oil, to get a low-fat snack. The snack that mentioned here is cereal based.

Reference may be made to Open Shaw and Toft 1987, D&S Bolton UK, UK patent
15 N0. 2178637A, wherein, water is added to a mixture of wheat bran and ungelatinised starch and cooked to give a plastic mass, which is sheeted and cut. The cut pieces are fried in hot oil. The protein can be enhanced with caseinates, soy protein or wheat or corn gluten. The finished product has a high fibre content and fat more than or equal to 5%. The finished product is rich in fibre and starch based and soy is incorporated to increase the
20 protein content.

Reference may be made to Willard MJ, 1986, Willard, Idaho Falls, ID, USA, US patent N0. 4623548, wherein, dough is prepared from low-water-absorbing component, a high-water-absorbing component and a starch component, mixed with water to form dough, extruded and fried to form a snack of low-fat content. However, the product mentioned here does not contain
25 soy.

Reference may be made to Wiker and Cunningham, 1983, Kansas State University Research Foundation, Manhattan, KS, US patent No.4421770, wherein, a high protein snack food prepared from egg protein by involving a process of heat coagulation. The principal ingredient is starch in the batter mix. However, the product is not soy based and
30 not a low-fat product.

Reference may be made to Howard AN, 1982, South African patent N0. ZA 81/7470, describing the method of preparation of crisps having low calorific value even when fried. They consist of discrete cooked portions of dough of gelatinized starch and cereal bran other than rice bran as a fiber. Oil content is preferentially 5-30%. These are
35 mainly starch-based crisps and do not contain soy.

Reference may be made to Toft JG, 1980, Standard Brands Inco. US patent No. 4212892, wherein, a high protein extruded snack food comprising a plastic protein gel with dry potato/corn starch or flour is developed. The protein gel is prepared using fish and soybean. The snack food is nutritionally superior to potato chips, having protein level of 18-20%. However, this product is deep-fried and may not result as a low-fat product and the source of protein is from animal and plant sources. The product is prepared using pre gelled soy protein.

Reference may be made to Rockland LB and Radke TM, 1978, United States of America, Secretary of Agriculture US patent N0. 4124727, describing a process for preparing a legume based, nutritionally balanced protein food product. The process includes treating the seeds to render them quick cooking, cooking the seeds and mashing and mixing with methionine containing cereal flours, oil seeds etc., adding water to form a dough, extruded and fried in oil.

Reference may be made to Hahn DT, 1978, Ralston Purina Co. St. Louis MO, US patent N0. 4120988, wherein a protein based snack food having expanded and puffed texture using soy protein isolate are developed. Soy protein isolate is in the form of gel, which maintains the structural integrity of the product. However, the formulation is based on processed soy proteins

Reference may be made to Huelskamp et al. 1975, US patent N0.3911142, wherein, a process for preparing a protein snack food is described, consisting of soy protein, dried whey and dried skim milk, wheat flour, potato flakes, flavor etc., adding some of the water and dry mixing the ingredients and resting the mass and adding the remaining water, forming sheets of dough and cutting into shapes and baking the product followed by air dehydration. The dough pieces may be fried also.

Reference may be made to Blagdon et al., 1974, Ralston Purina Co. St. Louis, MO, US patent N0. 3849582, wherein, an aqueous mixture of a pre-gelatinized starch, soy protein isolate which has not been subjected to the gelling action of heat and a starch modifying and complex forming agent is shaped and fried to give a product with an improved crisp texture. However, this product is deep-fried and may not result in a low-fat product.

Reference may be made to Nestle SA, 1974, British patent N0. 1350547, for a product, containing dough compositions of 14-16% protein, are extruded, frozen, sliced and deep-fried. The product under consideration is a fried product, which will not be a low-fat product.

Reference may be made to Sato et al 1973 Japanese patent N0. 3843622, describes a process consisting of a mixture of soybean and vegetable materials. The mixture is steam heated to largely denature any gluten. Then it is cut to form pieces to be fried or roasted after being spray coated with oil.

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Object of the invention

The main object of the present invention is to provide soy based low-fat and high protein snack.

Another object of the present invention is to provide a process for the preparation of soy based low fat and high protein snack.

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Another object of the present invention is to provide maximum level of utilization of soy flour in ready-to-eat snack formulation.

Another object of the present invention is to provide a low calorie snack.

Summary of the Invention

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The present invention relates to a soy based low-fat high protein snack and a process for the preparation of soy based low-fat and high protein snack from full fat soy flour, gram flour, rice flour, gelatinized starch, salt and spices.

Detailed description of the Invention

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Accordingly, the present invention provides a soy based low-fat and high protein snack having a protein content of 24-25% and fat content of 10-12%, said snack comprising of:

25	i. Full fat soy flour	5-20%,
	ii. Bengal gram flour	24-40%,
	iii. Rice flour	18-20%,
	iv. Gelatinized starch	4 - 5%,
	v. Liquid fat	6 –8 %,
	vi. Salt	1.8 - 1.9%,
30	vi. Chilli powder	0.5 - 0.7%,
	vii. Ajwain powder	0.5 - 0.7%,
	viii. Baking powder	0.25-0.35%
	ix. Lecithin	0.25-0.35% and
	x. Water	25- 30%

In an embodiment, the invention provides a low-fat high protein snack having calorific value in the range of 390-425 kcals.

Another embodiment of the invention provides a low-fat high protein snack having bulk density ranges between 0.45-0.55 g/cc and shear value in the range of 4.0 to 5.0
5 Newton.

Still another embodiment of the invention provides a low-fat high protein snack having acceptable sensory level with respect to color, appearance, taste and overall on a 5-point hedonic scale with 10 trained panelists

One more embodiment of the invention provides a process for the preparation of
10 soy based low fat and high protein snack, the said process comprising:

- a) blending the following ingredient thoroughly to obtain an uniform dry mix,

	INGREDIENTS	Wt (%)
	i. Full fat soy flour	5-20%
15	ii. Bengal gram flour	24-40%
	iii. Rice flour	18-20%
	iv. Gelatinized starch	4 - 5%
	v. Salt	1.8 - 1.9%
	Spices	
20	vi. Chilli powder	0.5 - 0.7%
	vii. Ajwain powder	0.5 - 0.7%
	Minor ingredients	
	viii. Baking powder	0.25-0.35%

- 25 b) dissolving lecithin in liquid fat,
c) mixing with water the ingredients of steps (a) and (b) to obtain a dough,
d) extruding dough of step (c),
e) cutting and stranding the extruded dough of step (d) into desired shape and thickness,
30 f) baking the extruded strands of step (e) and
g) sorting and packing of final baked product having low-fat, high protein snack.

In an embodiment, blending is performed using ribbon blender.

In one embodiment, mixing is performed using a Hobart mixer.

In another embodiment, extrusion of dough is carried out to obtain 3-mm thickness
35 sheets of the dough.

In yet another embodiment, cutting and stranding of dough is performed to obtain 30-50 mm pieces.

In still another embodiment, baking is performed at a temperature range of 165°-190° C for a period of 15-60 minutes.

5 In still yet another embodiment, the product obtained has protein content of 24-25%.

In an embodiment, the product obtained has a fat content of 10-12%.

In another embodiment, the product has calorific value of 390-425 kcals.

In one another embodiment, the product has bulk density of 0.45-0.55 g/cc.

10 In an embodiment, the product has shear value in the range of 4.0 to 5.0 Newtons.

In a further embodiment, the product obtained has acceptable sensory level with respect to color, appearance, taste and overall on a 5-point hedonic scale with 10 trained panelists.

Novelty

15 Novelty steps of this invention are the development of a new process for the preparation of a low-fat and high protein ready-to-eat snack.

- The novelty of the formulation and process is that the addition of high percentage of full fat soy flour in such a manner, which does not affect the sensory profile (acceptable) of the product.
- The formulation and process is such that the final product remains a low-calorie snack without affecting the sensory profile.
- The formulation contains high percentage of full fat soy flour and Bengal gram flour because of which the product has high protein content (24-25%)
- The product contains low-fat (10-11.5%), since baking was adopted in place of deep fat frying.
- Full fat soy flour has been used at high proportion (20%) in the formulation.
- The product has a calorific value of 390-425 kcals.
- The formulation gives a ready to eat product.

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The snack prepared by this process is less expensive compared to commercially available snacks of this nature.

The process is further illustrated by the examples given below, which should not
35 however be construed to limit the scope of the invention.

Example 1

A process for the preparation of ready-to-eat high protein low-fat snack

Ingredients	Wt(%)
Full fat soy flour	6.31
Raw bengalgram powder	37.87
Rice flour	18.93
Chilli powder	0.63
Ajwan seeds	0.63
Baking powder.	0.32
Vanaspathi	6.30
Salt	1.89
Lecithin	0.32
Water.	26.80

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One of the major ingredients, the full fat soy flour was incorporated at $\approx 6.3\%$ level of the mix. 100g full fat soy flour of 44 mesh size was mixed with 600g raw Bengal gram powder, 300g rice flour, 30g salt, 10g ajwan seeds and 5g baking powder. All the ingredients were mixed well. To the dry mix 100g vanaspathi and 5g lecithin were added.

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All the ingredients were mixed and made dough with 425-ml water. The dough was then extruded to a noodle like shape and cut to 3-cm length. The ready-to-eat snack was then baked at 170 C for 20 minutes.

EXAMPLE-2

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A process for the preparation of ready-to-eat high protein low-fat snack

Major Ingredients	%
Full fat soy flour	12.43
Raw bengalgram powder	31.10
Rice flour	18.65
Chilli powder	0.62
Ajwan seeds	0.62
Baking powder.	0.31
Vanaspathi	6.20
Salt	1.86
Lecithin	0.31
Water.	27.90

As one of the major ingredients, the full fat soy flour was incorporated at $\approx 12.4\%$ level.

200g full fat soy flour of size 44 mesh size was mixed with 500g raw Bengal gram powder,

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300g rice flour, 30g salt, 10g ajwan seeds and 5g baking powder. All the ingredients were

mixed well. To the dry mix 100g vanaspathi and 5g lecithin were added. All the ingredients were mixed and made dough with 450-ml water. The dough was then extruded to a noodle like shape and cut to 3-cm length. The ready to eat snack was then baked at 175 C for 20 minutes.

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EXAMPLE-3

A process for the preparation of ready-to-eat high protein low-fat snack

Ingredients	Wt(%)
Full fat soy flour	18.05
Raw bengalgram powder	24.25
Rice flour	18.10
Chilli powder	0.60
Ajwan seeds	0.60
Baking powder.	0.30
Vanaspathi	6.00
Salt	1.80
Lecithin	0.30
Water.	30.00

As one of the major ingredients, the full fat soy flour was incorporated at 18.0% level. 300g full fat soy flour of size –44mesh size was mixed with 400g raw Bengal gram powder, 300g rice flour, 30g salt, 10g ajwan seeds and 5g baking powder. All the ingredients were mixed well. To the dry mix 100g vanaspathi and 5g lecithin was added. All the ingredients were mixed and made dough with 500 ml water. The dough was then extruded to a noodle like shape and cut to 3 cm length. The ready to eat snack was then baked at 175 C for 22 minutes. The product, 1000g of sev was obtained.

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EXAMPLE-4

A process for the preparation of ready-to-eat high protein low-fat snack

Ingredients	Wt (%)
Full fat soy flour	18.10
Raw bengalgram powder	24.20
Rice flour	
plain	13.58
gelatinised	4.52
Chilli powder	0.60
Ajwan seeds	0.60
Baking powder.	0.30
Vanaspathi	6.00
Salt	1.80
Lecithin	0.30
Water.	30.00

Inclusion of gelatinized rice flour in the formulation was made to improve the texture of the product. As one of the major ingredients, the full fat soy flour was incorporated at 18.0% level. 300g full fat soy flour of size –44mesh size was mixed with 400g raw Bengal gram powder, 300g rice flour, 30g salt, 10g Ajwan seeds and 5g baking powder. All the ingredients were mixed well. To the dry mix 100g vanaspathi and 5g lecithin were added. All the ingredients were mixed and made dough with 500ml water. The dough was then extruded to a noodle like shape and cut to 3-cm length. The ready to eat snack was then baked at 180 C for 20 minutes. The product, 980g of sev was obtained.

EXAMPLE-5

A process for the preparation of ready-to-eat high protein low-fat snack

Ingredients		Wt(%)
Full fat soy flour		12.40
Raw bengalgram powder		31.10
Rice flour		
	Plain	14.11
	Gelatinised	4.66
Chilli powder		0.62
Ajwan seeds		0.62
Baking powder.		0.31
Vanaspathi		6.20
Salt		1.86
Lecithin		0.31
Water		27.90

As one of the major ingredients, the full fat soy flour was incorporated at 12.4% level. 200g full fat soy flour of size 44 mesh size was mixed with 500g raw bengal gram powder, 300g rice flour, 30g salt, 10g ajwan seeds and 5g baking powder. All the ingredients were mixed well. To the dry mix 100g vanaspathi and 5g lecithin were added. All the ingredients were mixed and made dough with 450 ml water. The dough was then extruded to a noodle like shape and cut to 3 cm length. The ready-to-eat snack was then baked at 180 C for 22 minutes. The product, 930g of sev was obtained.

Claims

- 1) A soy based low-fat and high protein snack having a protein content of 24-25% and fat content of 10-12%, said snack comprising of:
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|----|------------------------|----------------|
| 5 | i. Full fat soy flour | 5-20%, |
| | ii. Bengal gram flour | 24-40%, |
| | iii. Rice flour | 18-20%, |
| | iv. Gelatinized starch | 4 - 5%, |
| | v. Liquid fat | 6 - 8 %, |
| 10 | vi. Salt | 1.8 - 1.9%, |
| | vi. Chilli powder | 0.5 - 0.7%, |
| | vii. Ajwain powder | 0.5 - 0.7%, |
| | viii. Baking powder | 0.25-0.35% |
| | ix. Lecithin | 0.25-0.35% and |
| 15 | x. Water | 25- 30% |
- 2) The low-fat high protein snack as claimed in claim 1, is having calorific value in the range of 390-425 kcal.
- 3) The low-fat high protein snack as claimed in claim 1 has bulk density ranges between 0.45-0.55 g/cc.
- 20 4) The low-fat high protein snack as claimed in claim 1 has shear value in the range of 4.0 to 5.0 Newtons.
- 5) The low-fat high protein snack as claimed in claim 1 has acceptable sensory level with respect to colour, appearance, taste and overall on a 5-point hedonic scale with 10 trained panelists
- 25 6) A process for the preparation of soy based low-fat and high protein snack as claimed in claim 1, the said process comprising steps of:
- a) blending the following ingredients thoroughly to obtain an uniform dry mix,
- | | | |
|----|-------------------------|---------------|
| | INGREDIENTS | Wt (%) |
| | i. Full fat soy flour | 5-20% |
| 30 | ii. Bengal gram flour | 24-40% |
| | iii. Rice flour - plain | 18-20% |
| | iv. Gelatinized starch | 4 - 5% |
| | v. Salt | 1.8 - 1.9% |
| | <i>Spices</i> | |
| 35 | vi. Chilli powder | 0.5 - 0.7% |

vii. Ajwain powder 0.5 - 0.7%

Minor ingredient

viii. Baking powder 0.25-0.35%

- 5 b) dissolving lecithin in liquid fat,
 c) mixing with water the ingredients of steps (a) and (b) to obtain a dough,
 d) extruding dough of step (c),
 e) cutting and stranding the extruded dough of step (d) into desired shape and
 thickness,
 10 f) baking the extruded strands of step (e), and
 g) sorting and packing of final baked product having low-fat, high protein snack.

7) The process as claimed in claim 6, wherein in step (a) blending is performed using ribbon blender.

15 8) The process as claimed in claim 6, wherein in step (a) the rice flour used is either plain or gelatinized.

9) The process as claimed in claim 6, wherein in step (c) mixing is performed using a Hobart mixer.

10) The process as claimed in claim 6, wherein in step (d) extrusion of dough is carried
 20 out to obtain 3mm-thickness sheet of the dough.

11) The process as claimed in claim 6, wherein in step (e) cutting and stranding of dough is performed to obtain 30-50 mm pieces.

12) The process as claimed in claim 6, wherein in step (f) baking is performed at a temperature range of 165°-190° for a period of 15-60 minutes.

25 13) The process as claimed in claim 6, wherein in step (g), the product obtained has protein content of 24-25%.

14) The process as claimed in claim 6, wherein in step (g), the product obtained has a fat content of 10-12%.

15) The process as claimed in claim 6, wherein in step (g) the product has calorific
 30 value of 390-425 kcals.

16) The process as claimed in claim 6, wherein in step (g) the product has bulk density of 0.45-0.55 g/cc.

17) The process as claimed in claim 6, wherein in step (g) the product has shear value in the range of 4.0 to 5.0 Newton.

- 18) A process as claimed in claim 6, wherein in step (g) the product obtained has acceptable sensory level with respect to color, appearance, taste and overall on a 5-point hedonic scale with 10 trained panelists