

Brassica-Enriched Pasta: Exploring the Interplay of Nutritional Benefits and Sustainable Agriculture

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The future of Europe relies on solutions that address both health and economic challenges. With an increasingly health-conscious population and growing concerns about food sustainability, there is a demand for innovative food products that offer both nutritional value and environmental benefits.

Brassica is a key agricultural genus in the Brassicaceae family, which comprises a large number of plant species with economic importance. Due to their high functional and nutritional properties, Brassica plants have been the subject of much scientific interest.

The aim of this study was to improve the nutritional and bioactive potential of fettuccini-type pasta by incorporating four different varieties of Brassica. Fettuccini enriched with brassica-derived powder were found to be a rich source of protein and showed higher levels of riboflavin, phenolic compounds and antioxidant activity than control pasta elaborated without brassica addition.

By harnessing the nutritional benefits of brassicas and leveraging the popularity of pasta, this innovative food product addresses key challenges related to health, agriculture, and economic sustainability. More importantly, by integrating Brassica vegetable into pasta, a staple food in many European diets, we can create a product that not only meets the nutritional needs of consumers but also supports agricultural sustainability and economic growth.

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