



LOCALNUTLEG

Product Datasheets

This guide presents the range of products developed under the LOCALNUTLEG project, categorized into concept finalized, prototype developed, product ready to launch, and product available on the market. Seven products (halzenut spreadable, quick-frozen legume-based gnocchi, romesco sauce, snacks chickP, gluten free K mbe, fermented almond drink, almond-chickpea yogurt analogue) featured here were selected as case studies in the focus group sessions, resulting in an assessment of consumer satisfaction and acceptance of products developed within the project framework. The remaining products have undergone sensory evaluation by trained panels.

All products were created using local varieties or ingredients with quality labels such as PDO (Protected Designation of Origin) or PGI (Protected Geographical Indication) from the Mediterranean region. These innovations align with the project's objectives to develop novel plant-based dairy analogues, bakery products, pasta, and traditional ready-to-eat meals, incorporating legume and nut-based flours.

Additionally, the products include detailed nutritional profiles, along with an analysis of essential amino acids, making them highly valuable additions to the daily diet. In total, more than 20 products have been developed in LOCALNUTLEG project by various project partners, including RTDs and SMEs from the eight participating countries, generating novel marketing and export opportunities across both the Mediterranean and the European Union.

By employing new food processing technologies and designing innovative products, this collaborative effort between countries and partners strengthens the competitiveness and growth of companies. Moreover, the project has enhanced the use of local raw materials, promoting the development of rural regions and ensuring sustainable consumption and production patterns.

Finally, through the development of these products, LOCALNUTLEG is contributing to society by meeting the growing demand for plant-based products, enhancing individual health and well-being with more nutritious, fresh, and functional options. This initiative also opens up new business opportunities, driving economic stimulation and generating employment in the Mediterranean region, thereby improving the quality of life.

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INNOVATIVE PLANT-BASED DAIRY ANALOGUES

FERMENTED ALMOND DRINK



The fermented almond beverage is produced from a UHT almond milk analogue commercialised by La Mandorle (a French SME), which was inoculated with lactic acid bacteria, known for their probiotic and/or technological starter properties. 100 ml bottle.

Ingredients: UHT almond milk (97.5%), sucrose (2.5%), lactic acid bacteria starter.

Substances or products causing allergies or intolerances in bold

How to consume: The fermented beverage is stored refrigerated until consumption and stirred before drinking. This beverage is to be used as a daily dose of probiotic lactobacilli.

How to store: 4 °C

Estimated shelf-life: 1 month

Production Cost: estimation at lab scale level 0.79 €/unit (one bottle. i.e.7.99€/l) interval +/- 0.1 €/bottle

Consumers' Willingness to pay: between 1.33 and 1.65 €/bottle

Prioritized commercialization policies

| Product concept | | |
|--|--|---|
| Product for specialized stores such as dietetics (1) | Gourmet product with high added value (2) | Daily consumer product (3) |
| Main product claim | | |
| Healthy product (less sugar) (1) | Vegan or vegetarian product (2) | Sustainable product and packaging (3) |
| Target: customers to whom the product is directed | | |
| Vegan and vegetarian consumers (1) | Consumers who value animal welfare (2) | Health-conscious or health-conscious consumers (3) |
| Main promotion strategies | | |
| Trade and food fairs (1) | Tasting in stores (2) | Social networks (3) |
| Product distribution channels | | |
| Specialty/diet food stores (1) | Local stores (2) | Supermarkets (3) |
| Price of the product | | |
| Average price (equivalent to analogous products) (1) | Premium price (higher than analogous products) (2) | Competitive price (lower than similar products) (3) |

(1) (2) (3) = Ranking (prioritization) elements are most important

Nutritional facts

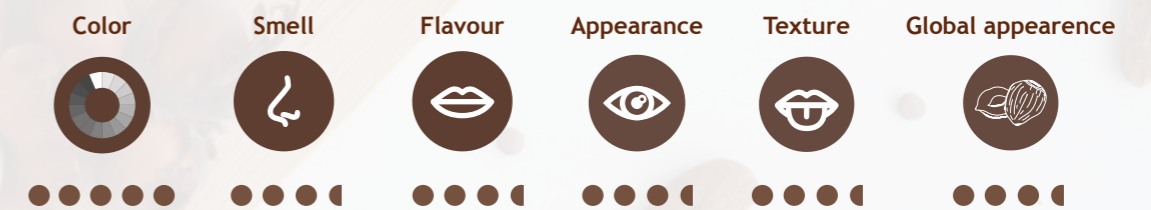
| | 100 gr | Adult's reference intake (%)* |
|---------------------|------------------|-------------------------------|
| Energy | 48 Kcal (201 Kj) | 2.4 |
| Total Fat | 3.1 | 4.5 |
| Saturated | 0.3 | 1.4 |
| Total Carbohydrates | 2.9 | 1.1 |
| Total sugars | 2.8 | 3.1 |
| Fibers | 0.5 | / |
| Proteins ** | 1.9 | 3.8 |
| Salt | <0.01 | <0.2 |

*The % adult's reference intake is based on a 2000 kcal diet

** Amino acid content - p.41

Sensory hedonic evaluation

Sensory characteristics



Mean score interpretation: 1-3.00 = Low ●●
 3.01-6.00 = Moderate ●●●●●
 6.01-9.00 = High ●●●●●●●●

Descriptive sensory characteristics

- ✓ Sweet ✓ Smooth
- ✓ Slightly acidic product with milky notes

ALMOND-CHICKPEA YOGURT ANALOGUE



The yogurt analogue is produced from UHT almond milk analogue added with chickpea protein isolate, which was inoculated with lactic acid bacteria, known for their technological starter properties. 125 g per cup.

Ingredients: mix of **almond** milk La Mandorle (95,5%) and chickpea protein isolate from ChickP (2%), sucrose (2.5%), lactic acid bacteria.

Substances or products causing allergies or intolerances in **bold**

How to consume: The yogurt analogue is stored refrigerated until consumption with a spoon, as it or with various topping. It is consumed as part of a meal, or as a snack.

How to store: 4 °C

Estimated shelf-life: 1 month

Production Cost: estimation at lab scale level 1.19 €/unit (one yogurt, i.e.9.50€/l) interval +/- 0.2 €/yogurt

Consumers' Willingness to pay: between 1.73 to 1.83€ per yogurt

Prioritized commercialization policies

| Product concept | | |
|--|---|--|
| General sales product as yogurt analogue (1) | General sales product such as dessert or almond cream (2) | Direct sales product in the production center (3) |
| Main product claim | | |
| Vegan or vegetarian product (1) | Sustainable and locally sourced product (2) | Healthy product (less sugar) (3) |
| Target: customers to whom the product is directed | | |
| Consumers who value animal welfare (1) | Vegan and vegetarian consumers (2) | Health-conscious or health-conscious consumers (3) |
| Main promotion strategies | | |
| Tasting in stores (1) | Trade and food fairs (2) | Social networks (3) |
| Product distribution channels | | |
| Specialized food stores (1) | Local stores (2) | Supermarkets (3) |
| Price of the product | | |
| Average price (equivalent to analogous products) (1) | Competitive price (lower than similar products) (2) | Premium price (higher than analogous products) (3) |

(1) (2) (3) = Ranking (prioritization) elements are most important

Nutritional facts

| | 100 gr | Adult's reference intake (%)* |
|---------------------|------------------|-------------------------------|
| Energy | 57 Kcal (236 Kj) | 2.8 |
| Total Fat | 3.3 | 4.7 |
| Saturated | 0.3 | 1.6 |
| Total Carbohydrates | 2.8 | 1.1 |
| Total sugars | 2.7 | 3 |
| Fibers | 0.5 | / |
| Proteins ** | 3.7 | 7.3 |
| Salt | <0.01 g | <0.2 |

*The % adult's reference intake is based on a 2000 kcal diet

** Amino acid content - p.41

Sensory hedonic evaluation

Sensory characteristics



Mean score interpretation: 1-3.00 = Low ●●
 3.01-6.00 = Moderate ●●●●●
 6.01-9.00 = High ●●●●●●●●

Descriptive sensory characteristics

- ✓ Sweet
- ✓ Slightly acidic product with milky notes



**POTENTIAL PLANT-BASED FLOURS
FOR BAKERY AND PASTA
PRODUCTS**

QUICK-FROZEN LEGUME-BASED GNOCCHI



Legume gnocchi are made only with untreated legume flour. In particular, 3 versions were developed, made of red lentil, green pea, or chickpea flour.

Ingredients: Water, legume flour (38%), salt.

How to consume:

- Traditional: Put frozen gnocchi directly in boiling water previously salted. Cook for 2 minutes, drain and coat with sauce.
- In the pan: Put frozen gnocchi in a pan with your preferred sauce, heat at medium temperature for 3 minutes stirring from time to time.
- Microwave oven: Cook in a microwave box for 3 minutes, at 700-800 W, with chosen sauce.

How to store: -18 °C

Estimated shelf-life: Best before 24 months (storage at -18 °C)

Production Cost: 4.99 €/kg

Consumers' Willingness to pay:

Pea gnocchi - between 2.48-2.52/kg
 Red lentil Gnocchi - between 2.43-2.62/kg
 Chickpea gnocchi - between 2.72-2.74/kg

Prioritized commercialization policies

| Product concept | | |
|--|---|--|
| Product in large bags (1kg) for food services (1) | Sustainable product and packaging (2) | Product packaged in individual portions for HORECA (3) |
| Main product claim | | |
| Healthy product (1) | Sustainable product and packaging (2) | Vegan or vegetarian product (3) |
| Target: customers to whom the product is directed | | |
| Consumers looking for quick and simple recipes (1) | Health-conscious or health-conscious consumers(2) | Vegan and vegetarian consumers (3) |
| Main promotion strategies | | |
| School/Family Focused Promotion (1) | Trade and food fairs (2) | Social networks (3) |
| Product distribution channels | | |
| Communities (school cafeteria, university canteen) (1) | HORECA (2) | Supermarkets and food services (3) |
| Price of the product | | |
| Average price (equivalent to analogous products) (1) | Competitive price (lower than similar products) (2) | Premium price (higher than analogous products) (3) |

(1) (2) (3) = Ranking (prioritization) elements are most important

Nutritional facts

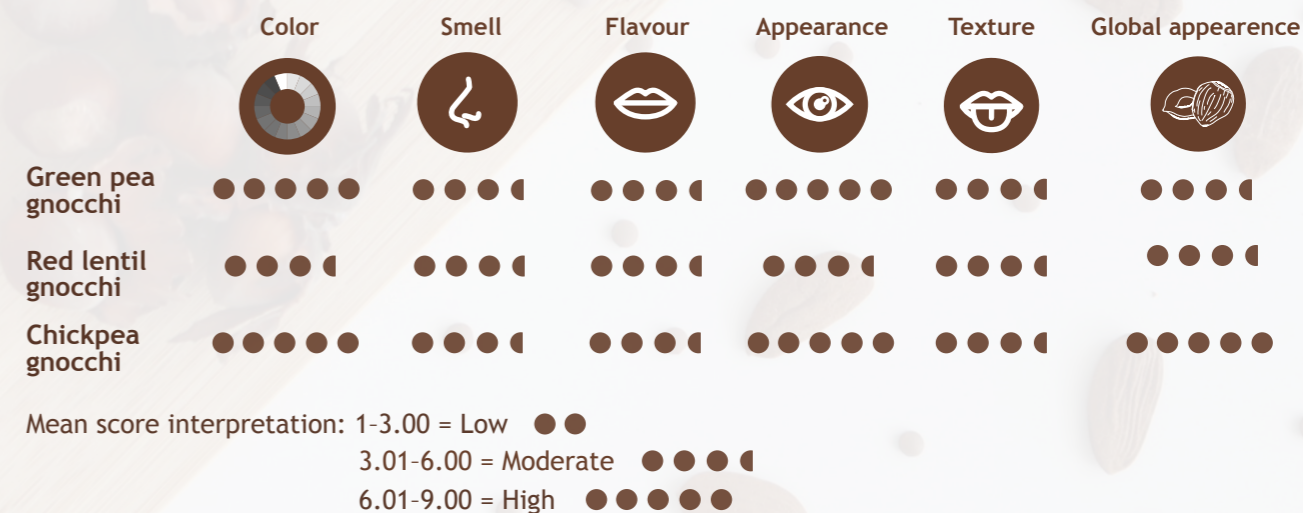
| | 100 gr | | | Adult's reference intake (%)* | | |
|---------------------|--------------------|-------------------|-------------------|-------------------------------|-----------|----------|
| | Red lentil gnocchi | Green pea gnocchi | Chickpea gnocchi | Red lentil | Green pea | Chickpea |
| Energy | 178 Kcal (745 Kj) | 157 Kcal (657 Kj) | 174 Kcal (728 Kj) | 8.9 | 7.9 | 8.7 |
| Total Fat | 1.1 | 0.9 | 1.8 | 1.6 | 1.3 | 2.6 |
| Saturated | 0.2 | 0.2 | 0.3 | 1.0 | 1.0 | 1.5 |
| Total Carbohydrates | 30.5 | 27 | 29.7 | 11.7 | 10.4 | 11.4 |
| Total sugars | 2.4 | 1.6 | 2.6 | 2.7 | 1.8 | 2.9 |
| Fibers | 5.0 | 5.7 | 5.3 | / | / | / |
| Proteins ** | 11.5 | 9.8 | 9.6 | 23.0 | 19.6 | 19.2 |
| Salt | 0.7 | 0.9 | 0.76 | 11.7 | 15.0 | 10.0 |

*The % adult's reference intake is based on a 2000 kcal diet

** Amino acid content - p.41

Sensory hedonic evaluation

Sensory characteristics



Descriptive sensory characteristics

Chickpea and red lentil Gnocchis

- ✓ Beany
- ✓ Brown
- ✓ Legume
- ✓ Lentil
- ✓ Purple

Chickpea and red lentil Gnocchis

- ✓ Green
- ✓ Bean
- ✓ Metallic
- ✓ Pea

GLUTEN-FREE BREAD



A)

B)

C)

Gluten-free bread, based on the use of legumes and nuts using commercial turkish hazelnut flour and commercial turkish pre-cooked white bean.

Ingredients:

A) Hazelnut Bread (with yeast): water, rice flour, corn starch, **hazelnut** flour (8.3 %), olive oil, sugar, salt, yeast, HPMC.

B) Hazelnut Bread (yeast-free): water, rice flour, corn starch, **hazelnut** flour (13.9 %), olive oil, sugar, salt, baking powder, baking soda, vinegar, xanthan gum.

C) Hazelnut and bean bread (yeast-free): water, rice flour, corn starch, white bean flour (6.3 %), **hazelnut** flour (6.3 %), olive oil, sugar, salt, baking powder, baking soda, vinegar, xanthan gum.

Substances or products causing allergies or intolerances in bold

How to consume: Bread must be kept in its original package (low density polyethylene bag).

How to store: Room temperature

Estimated shelf-life: Two days

Production Cost:

| Estimated Cost | Hazelnut Bread (with yeast) | Hazelnut bread (yeast-free) | Hazelnut and white bean bread (yeast-free) |
|----------------|-----------------------------|-----------------------------|--|
| Euro/100g | 2.0 | 3.0 | 2.0 |

Descriptive sensory characteristics:

| | |
|--|---|
| Hazelnut Bread (with yeast) and Hazelnut Bread (yeast-free) | Hazelnut and bean bread (yeast-free) |
| <ul style="list-style-type: none"> ✓ sweet ✓ nutty flavor ✓ toasted | <ul style="list-style-type: none"> ✓ legume ✓ sweet ✓ fluffy ✓ homemade |

GLUTEN-FREE RAVIOLI



This product contains gluten-free flour, turkish chickpea (from Kochbashi variety from Mid Anatolia), artichokes, dill, salt and vinegar. Functional properties of this product include providing a source of protein, fiber and potentially high nutritional value.

Ingredients: Gluten-free flour, chickpeas (17%) Artichokes, dill salt, vinegar, gluten-free flour, rice flour and buckwheat flour.

How to consume: Boiled for 8-12 minutes, then drained and served with yogurt.

How to store: The product was packaged in 150 g packed at room temperature

Estimated shelf-life: 2 years

Production Cost: 4,85 € / 150 g

Descriptive sensory characteristics:

- ✓ chickpea taste
- ✓ aromatic
- ✓ tasty
- ✓ roasted flavour

Nutricional facts

| | 100 gr | | | Adult's reference intake (%)* | | |
|---------------------|---------------------------------|---------------------------------|--|-------------------------------|------|------|
| | Hazelnut Bread (with yeast) (A) | Hazelnut Bread (yeast-free) (B) | Hazelnut and white bean bread (yeast-free) (C) | A | B | C |
| Energy | 333 Kcal (1394 Kj) | 302 Kcal (1264 Kj) | 206 Kcal (1088 Kj) | 16.5 | 15 | 13 |
| Total Fat | 11.4 | 15 | 9 | 16.3 | 21.4 | 12.9 |
| Saturated | 1.2 | 1.4 | 1 | 6 | 7.0 | 5.0 |
| Total Carbohydrates | 56 | 42 | 43 | 21.5 | 16.5 | 16.5 |
| Total sugars | 3.8 | 3.6 | 3.2 | 4.2 | 4.0 | 3.6 |
| Protein ** | 4.2 | 4 | 4 | 8.4 | 8.0 | 8.0 |
| Salt | 0.65 | 0.6 | 0.5 | 11 | 9.2 | 8.3 |

*The % adult's reference intake is based on a 2000 kcal diet

** Amino acid content - p.41

Nutricional facts

| | Per 100 g | Adult's reference intake (%)* |
|---------------------|-----------|-------------------------------|
| Energy | 220 Kcal | 11.0 |
| Total Fat | 2.5 | 3.6 |
| Total Carbohydrates | 40.23 | 15.5 |
| Fibers | 0.47 | - |
| Proteins ** | 6.47 | 12.9 |

*The % adult's reference intake is based on a 2000 kcal diet

** Amino acid content - p.41

GLUTEN-FREE KÖMBE



“Kömbe” cookies, a traditional product from the Hatay region, are made on special occasions. The traditional dough is made with wheat flour, butter, milk, sugar, sesame oil, and different type of spices and then pressed into a special shape. Traditionally, are used special wooden shapes, so that these cookies can have different appearances and shapes, according to the shape used. The Gluten free Kömbe is produced by using commercial turkish chestnut flour (from Aydın region) and commercial turkish hazelnut (from Hazelnut of Giresun PDO) flour instead of wheat flour and other ingredients in traditional type.

Ingredients: Chestnut flour (70 %), **hazelnut flour** (30%), butter, **milk**, sugar, sesame oil, and different type of spices (cinnamon, mahaleb, clove, nutmeg, all spice, ginger, mastic).

Substances or products causing allergies or intolerances in bold

How to consume: Kömbe is consumed as a snack.

How to store: Room temperature

Estimated shelf-life: 12 months

Production Cost: 5 Euro (one package - including 6 Kömbe)

Consumers' Willingness to pay: 4.56€ for a box of 6 Kömbe units (150 gram)

Prioritized commercialization policies

| Product concept | | |
|--|---|---|
| Product for tourist distribution (1) | Local general consumer product as a gluten-free alternative (2) | Gourmet product with high-added value (3) |
| Main product claim | | |
| Vegan or vegetarian product (1) | Sustainable and locally sourced product (2) | Gluten-free recipe (3) |
| Target: customers to whom the product is directed | | |
| People looking for gluten-free options (1) | Consumers open to new alternatives (2) | Young consumers / Gourmet (3) |
| Main promotion strategies | | |
| Trade and tourism fairs (1) | Direct contact with clientes (2) | Social networks (3) |
| Product distribution channels | | |
| Delicatessen or Gourmet stores (1) | Souvenir shops or airports (2) | Specialized food stores (3) |
| Price of the product | | |
| Average price (equivalent to analogous products) (1) | Premium price (higher than analogous products) (2) | Competitive price (lower than similar products) (3) |

(1) (2) (3) = Ranking (prioritization) elements are most important

Nutricional facts

| | 100 gr | Adult's reference intake (%)* |
|---------------------|-------------------|-------------------------------|
| Energy | 491 Kcal (2055Kj) | 24.6 |
| Total Fat | 32.9 | 47.0 |
| Total Carbohydrates | 51.4 | 19.8 |
| Fibers | 20.5 | / |
| Proteins ** | 6.43 | 12.9 |

*The % adult's reference intake is based on a 2000 kcal diet

** Amino acid content - p.41

Sensory hedonic evaluation

Sensory characteristics



Mean score interpretation: 1-3.00 = Low ●●
 3.01-6.00 = Moderate ●●●●●
 6.01-9.00 = High ●●●●●●

Descriptive sensory characteristics

Gluten-free Kömbe with chestnut flour and hazelnut flour

- ✓ Sweet flavor
- ✓ Cinnamon smell
- ✓ Clove smell

Gluten-free Kömbe with chestnut flour

- ✓ Bitter
- ✓ Sour
- ✓ Caramel flavor



**INNOVATIVE ADDED-VALUE
TRADITIONAL MEALS**

HAZELNUT SPREADABLE



This product is a food item that contains hazelnut (PDO Avellana de Reus/ cv. 'Negreta'), chickpea flour (Local chickpea landrace 'Cigronet de l'Anoia'), peel apple flour, olive oil, Fibersol, and an edulcorant. The functional properties of this product may include providing a source of fiber, healthy fats, and natural sweetness, while potentially being low in sugar and carbohydrates.

Ingredients: **Hazelnut** (PDO Avellana de Reus/ cv. 'Negreta') (65.4%), Fibersol, peel apple flour, chickpea flour (Local chickpea landrace 'Cigronet de l'Anoia') (5.9%), edulcorant (sucralose), and olive oil. The product was texturized with cocoa butter.

Substances or products causing allergies or intolerances in bold

How to consume: Directly or spread in bread .

How to store: The product was packaged in 250 mL glass jars at room temperature

Estimated shelf-life: 1 year. The product was packaged in 250 mL glass jars at room temperature

Production Cost: 1.50 € / 100 g

Prioritized commercialization policies

| Product concept | | |
|--|---|--|
| Daily consumer product (1) | Gourmet product with high-added value (2) | Product for HORECA (3) |
| Main product claim | | |
| Nutritional value (superfood, no added sugar) (1) | Sustainability (food utilization, local origin) (2) | Vegan or vegetarian product (3) |
| Target: customers to whom the product is directed | | |
| General consumer (1) | Gourmet Consumer (2) | Vegan and vegetarian consumers (3) |
| Main promotion strategies | | |
| Social networks (1) | Trade and food fairs (2) | Commercial actions aimed at the general public (3) |
| Product distribution channels | | |
| Specialized food stores (1) | Supermarkets (2) | Online sale (3) |
| Price of the product | | |
| Average price (equivalent to analogous products) (1) | Competitive price (lower than similar products) (2) | Premium price (higher than analogous products) (3) |

(1) (2) (3) = Ranking (prioritization) elements are most important

Nutricional facts

| | 100 gr | Adult's reference intake (%)* |
|---------------------|------------------------|-------------------------------|
| Energy | 649.3 Kcal (155.92 Kj) | 32.29 |
| Total Fat | 51.2 | 73.14 |
| Total Saturated | 9.86 | 49.30 |
| Total Carbohydrates | 37.40 | 14.38 |
| Total sugars | 7.93 | 8.81 |
| Proteins ** | 9.73 | 19.46 |

*The % adult's reference intake is based on a 2000 kcal diet

** Amino acid content - p.41

Sensory hedonic evaluation

Sensory characteristics



Mean score interpretation: 1-3.00 = Low ●●
 3.01-6.00 = Moderate ●●●●●
 6.01-9.00 = High ●●●●●●

Descriptive sensory characteristics

- ✓ Woody
- ✓ Astringent
- ✓ Sweet
- ✓ Hazelnut
- ✓ Oily
- ✓ Thick

ROMESCU SAUCE



This product is a food item that contains almond, hazelnut, chickpea flour, apple peel flour, Cajun seasoning, paprika, salt, chili, dried pepper, and green onion. The functional properties of this product may include providing a source of protein, healthy fats, fiber, and a spicy and savory flavor, while potentially being low in carbohydrates and sugar.

Ingredients: Chickpea flour (Local chickpea landrace ‘Cigronet de l’Anoia’) (30.2%), **almond** (Local almond landrace ‘Llargueta’) (15.1%), **hazelnut** (PDO Avellana de Reus/ cv. ‘Negreta’) (15.1%), apple peel flour, **cajun**, paprika, salt, chili, dried pepper, and green onion. The product was texturized with cocoa butter 10 %.

Substances or products causing allergies or intolerances in bold

How to consume: Directly or spread on bread.

How to store: The product was packaged in 250 mL glass jars at room temperature

Estimated shelf-life: 1 year at room temperature

Production Cost: 2.5 € / 100 g

Consumers’ Willingness to pay: 1.58-1.68 €/ 200 g

Prioritized commercialization policies

| Product concept | | |
|--|--|--|
| Ingredient for restoration (1) | Terrines in single doses intended for food services / HORECA (2) | Pâté terrine available for the final consumer (3) |
| Main product claim | | |
| Nutritional value: high in protein (1) | Local and sustainable product (2) | Vegan or vegetarian product (3) |
| Target: customers to whom the product is directed | | |
| Health-conscious consumers (1) | Gourmet Consumers (2) | Consumers interested in artisanal, traditional and local products(3) |
| Main promotion strategies | | |
| Sampling at points of sale (1) | Events (show cooking, fairs) (2) | Social networks, influencers and healthy eating websites (3) |
| Product distribution channels | | |
| HORECA and food services (1) | Specialized stores (2) | Online sale (3) |
| Price of the product | | |
| Average price (equivalent to analogous products) (1) | Competitive price (lower than similar products) (2) | Premium price (higher than analogous products) (3) |

(1) (2) (3) = Ranking (prioritization) elements are most important

Nutritional facts

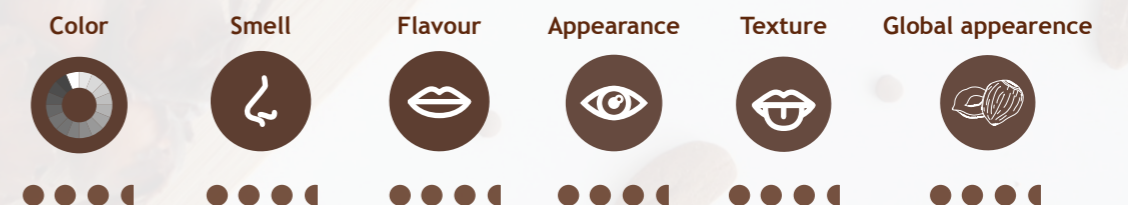
| | Per 100 gr | Adult’s reference intake (%)* |
|---------------------|-------------------------|-------------------------------|
| Energy | 649.3 Kcal (2718.57 Kj) | 32.29 |
| Total Fat | 51.2 | 73.14 |
| Saturated | 10.35 | 51.75 |
| Total Carbohydrates | 37.40 | 14.38 |
| Total sugars | 8.18 | 9.09 |
| Proteins ** | 9.73 | 19.46 |

*The % adult’s reference intake is based on a 2000 kcal diet

** Amino acid content - p.41

Sensory hedonic evaluation

Sensory characteristics



Mean score interpretation: 1-3.00 = Low ●●
 3.01-6.00 = Moderate ●●●●
 6.01-9.00 = High ●●●●●

Descriptive sensory characteristics

- ✓ Creamy
- ✓ Spicy
- ✓ Paprika
- ✓ Compact
- ✓ Sticky
- ✓ Garlic

SNACKS chickP



Puffed nutrition snack, enriched with Chickpea protein, and coated with oil and spices. Produced by extrusion technology.

Ingredients: Chickpea flour (38%), ChickP Starch (30%), ChickP protein isolate (20%), Salt, Spices, Sodium Bicarbonate.

- How to consume:** Directly.
- How to store:** 12 months in a dry, dark and cool place.
- Estimated shelf-life:** 12 months
- Production Cost:** 1.1-1.2€/50g
- Consumers' Willingness to pay:** 1.29-1.35€/50g

Prioritized commercialization policies

| Product concept | | |
|--|---|--|
| Vegan and gluten-free snack (1) | Product with a high protein value (2) | Snack for general sale (3) |
| Main product claim | | |
| Nutritional value (protein) (1) | Vegan or vegetarian product (2) | Sustainable and locally sourced product (3) |
| Target: customers to whom the product is directed | | |
| Consumers open to new alternatives (1) | Vegan and vegetarian consumers (2) | Health-conscious or health-conscious consumers (3) |
| Main promotion strategies | | |
| Trade and food fairs (1) | Direct contact with clientes (2) | Social networks (3) |
| Product distribution channels | | |
| Supermarkets/ vending machines (1) | Specialized food stores (2) | Online sale (3) |
| Price of the product | | |
| Average price (equivalent to analogous products) (1) | Competitive price (lower than similar products) (2) | Premium price (higher than analogous products) (3) |

(1) (2) (3) = Ranking (prioritization) elements are most important

Nutricional facts

| | 100 gr | Adult's reference intake (%)* |
|---------------------|--------------------|-------------------------------|
| Energy | 400 Kcal (1674 Kj) | 20 |
| Total Fat | 10 | 14.3 |
| Saturated | 1.4 | 7.0 |
| Trans | 0 | 0 |
| Total Carbohydrates | 54 | 20.4 |
| Total sugars | 3 | 3.3 |
| Fibers | 7.5 | / |
| Proteins ** | 20 | 40 |
| Salt | 0.8 | 13.3 |

*The % adult's reference intake is based on a 2000 kcal diet

** Amino acid content - p.41

Sensory hedonic evaluation

Sensory characteristics



Mean score interpretation: 1-3.00 = Low ●●
 3.01-6.00 = Moderate ●●●●●
 6.01-9.00 = High ●●●●●●

Descriptive sensory characteristics

- | | |
|------------------------------|----------------------------------|
| Spice flavour Chickpea puffs | Barbecue flavour chickpea sticks |
| ✓ Brown | ✓ Smoky |
| ✓ Salty | ✓ Crunchy |
| ✓ Cumin | ✓ Cheesy |

GLUTEN FREE AND VEGAN KEŞKÜL



Keşkül is a traditional Turkish milk pudding made of milk, flour, egg yolk, rice flour, and sugar with ground almonds. This study aimed to produce Keşkül, a traditional milk dessert, vegan and gluten-free, using commercial turkish chestnut flour (from Aydın region) and almond milk. Thus, functional, delicious, and ready-to-eat product will be developed that is suitable for different dietary habits.

Ingredients: Almond milk (70.42%), sugar, sübye (rice and water mix), cacao butter, chestnut flour (2,11%), vanilla.

Substances or products causing allergies or intolerances in bold

How to store: -4°C

Estimation shelf-life: 3 days

How to consume: Keşkül is consumed after cooling in the fridge.

Production Cost: 3,2 Euro (1 cup-200 mL)

SPREADABLE COCOA CREAM



Spreadable cocoa cream from grinding and refining of hazelnuts, sugars, vegetable fats, powdered milk and cocoa.

Ingredients: Roasted **hazelnuts** (DOP Avellana de Reus) (10%), technical fats, sunflower oil, sugars (dextrose, saccharose and/or mix of sugar and **hazelnut** as by-product of production of **hazelnut** crocant), cocoa powder, soy lecithin and vanilla flavor.

Substances or products causing allergies or intolerances in bold

How to consume: Directly or spread on bread

How to store: Room temperature

Estimated shelf-life: 9 months at ambient temperature

Production cost: 2,30€ / pot of 340 g

Descriptive sensory characteristics:

- ✓ nutty smell
- ✓ rough
- ✓ granular
- ✓ sweet
- ✓ light brown color

Nutricional facts

| | 100 gr | Adult's reference intake (%)* |
|---------------------|-------------------|-------------------------------|
| Energy | 115 Kcal (481 Kj) | 5.8 |
| Total Fat | 0.08 | 0.1 |
| Saturated | - | - |
| Total Carbohydrates | 31.4 | 12.1 |
| Total sugars | 18.7 | 20.8 |
| Fibers | 3.68 | - |
| Proteins ** | 0.96 | 1.9 |
| Salt | - | - |

*The % adult's reference intake is based on a 2000 kcal diet

** Amino acid content - p.41

Nutricional facts

| | 100 gr | Adult's reference intake (%)* |
|---------------------|--------------------|-------------------------------|
| Energy | 574 Kcal (2403 Kj) | 28.7 |
| Total Fat | 36.9 | 52.7 |
| Saturated | 7.0 | 35.0 |
| Total Carbohydrates | 56.8 | 21.8 |
| Total sugars | 55.0 | 61.1 |
| Proteins ** | 2.5 | 5.0 |
| Salt | 0 | 0 |

*The % adult's reference intake is based on a 2000 kcal diet

** Amino acid content - p.41

BLANCHED ALMOND PASTE



Blanched almond paste coming from goods well stored, recently shelled, blanched, dried, ground and refined.

Ingredients: 100% Blanched **almond** (varieties: marcona, vairo, guara).

Substances or products causing allergies or intolerances in bold

How to consume: Directly or spread in bread.

How to store: Room temperature

Estimated shelf-life: 9 months at room temperature

Production Cost: 6,5 €/Kg

Descriptive sensory characteristics:

- ✓ chestnut
- ✓ viscosity
- ✓ cooked
- ✓ oily

CHESTNUTS CUSCOS



Chestnut “Cuscus” is produced by a traditional method from the northwest region of Portugal. They are irregular bits developed with Portuguese chestnut flour mixed with water and rolled by hand.

Ingredients: Chestnut (PDO Castanha da Terra Fria) (100 %), water.

How to consume: Use it raw as a cereal in yogurt or milk or cooked in sweet or salty dishes.

How to store: Dry place

Estimated shelf-life: 3 months

Production cost: 3,50 euro /100g

Descriptive sensory characteristics:

- ✓ Woody and baked potato flavour
- ✓ Roast or dark colour

Nutritional facts

| | 100 gr | Adult's reference intake (%)* |
|----------------------------|-------------------|-------------------------------|
| Energy | 649Kcal (2717 Kj) | 32.5 |
| Total Fat | 55.2 | 78.9 |
| Saturated | 5.5 | 27.5 |
| Total Carbohydrates | 6.1 | 2.3 |
| Total sugars | 4.9 | 5.4 |
| Proteins ** | 20.5 | 41.0 |
| Salt | 0 | 0 |

*The % adult's reference intake is based on a 2000 kcal diet

** Amino acid content - p.41

Nutritional facts

| | 100 gr | Adult's reference intake (%)* |
|----------------------------|--------------------|-------------------------------|
| Energy | 385 Kcal (1610 Kj) | 19.3 |
| Total Fat | 7.1 | 10.2 |
| Saturated | 86.9 | 0 |
| Total Carbohydrates | 3.4 | 33.4 |
| Total sugars | 7.5 | 3.8 |
| Proteins ** | 7.1 | / |
| Salt | 2.1 | 14.2 |

*The % adult's reference intake is based on a 2000 kcal diet

** Amino acid content - p.41

CHESTNUTS SPREADABLE



Creamy spreadable made with chestnuts. Use it as a spread for your toast, bread, crepes for a perfect breakfast or snack. Additionally, it's also used as an ingredient in various pastry recipes.

Ingredients:

Without carob: Chestnut (PDO Castanha da Terra Fria) (58 %), lactose-free milk, sugar, cocoa, sunflower oil.

With carob: Chestnut (PDO Castanha da Terra Fria) (58 %), lactose-free milk, sugar, carob, cocoa, sunflower oil.

How to consume: Directly or spread in bread.

Estimated shelf-life: 6 months in refrigeration

Production Cost: 1.5 €/100 g

Descriptive sensory characteristics:

Without carob

- ✓ nut odor
- ✓ light-brown appearance
- ✓ caramel and coconut flavor

With Carob

- ✓ brown appearance
- ✓ toasted and caramel flavor

FARINATA



A)

B)

A traditional Italian dish that's similar to a thin pancake or flatbread. It's made with chickpea flour, water, and olive oil, and seasoned with salt and pepper. The batter is poured into a hot skillet and baked until golden brown and crispy on the edges. It's often served as an appetizer or snack.

Ingredients:

A. Water, raw chickpea flour (Local chickpea landrace 'Cigronet de l'Anoia') (23%), salt, pepper, and olive oil.

B. Water, cooked chickpea flour (Local chickpea landrace 'Cigronet de l'Anoia') (23%), salt, pepper, and olive oil.

How to consume: Microwave: To reheat vacuum-sealed pre-cooked farinata, carefully remove it from the packaging and place it on a microwave-safe plate. Microwave on high for approximately 1-2 minutes, adjusting the time as needed based on the microwave's wattage and the thickness of the farinata. Allow the farinata to rest in the microwave for about 30 seconds before carefully removing to evenly distribute the heat. Pan: For stovetop heating, open the vacuum-sealed package of farinata and transfer it to a large non-stick paella pan or skillet. Heat over medium-high heat, stirring occasionally to prevent sticking. Cook for approximately 5 minutes until the farinata is heated through and achieves a light crispness on the exterior.

How to store: The product was vacuum packed in polypropylene bags and stored at refrigeration temperatures (4 °C).

Estimated shelf-life: 15-30 days at 4°C

Production Cost: 1.10 € / 100 g

Descriptive sensory characteristics:

- | | | |
|------------------|---------------------|------------|
| Raw farinata (A) | Cooked farinata (B) | |
| ✓ salty | ✓ herybs | ✓ aromatic |
| ✓ dry | ✓ grassy | ✓ crunchy |
| ✓ astringent | ✓ green | ✓ juicy |
| ✓ smoky | ✓ Fine herbs | |

Nutricional facts

| | 100 gr | | Adult's reference intake (%)* | |
|---------------------|-----------------------------|-----------------------------|-------------------------------|---------------|
| | With carob | Without carob | With carob | Without carob |
| Energy | 160.68 (Kcal) (672.8 Kj) | 159.35 (Kcal) (667.0 Kj) | 8.03 | 7.97 |
| Total Fat | 0.36 | 0.14 | 0.51 | 0.20 |
| Total Carbohydrates | 38.21 | 38.25 | 14.70 | 14.71 |
| Total sugars | 1.18 | 1.92 | 1.31 | 2.13 |
| Fibers | 0.00 | 0.00 | 0.0 | 0 |
| Proteins ** | 1.16 | 1.3 | 2.32 | 2.60 |

*The % adult's reference intake is based on a 2000 kcal diet

** Amino acid content - p.41

Nutricional facts

| | 100 gr | | Adult's reference intake (%)* | |
|---------------------|--------------------------------------|---|-------------------------------|-------|
| | Farinata with raw chickpea flour (A) | Farinata with cooked chickpea flour (B) | (A) | (B) |
| Energy | 368.24 Kcal (1547.00 Kj) | 303.18 Kcal (1268.83 Kj) | 18.27 | 15.08 |
| Total Fat | 21.04 | 22.14 | 30.06 | 31.63 |
| Saturated | 4.2 | 4.43 | 21.00 | 22.15 |
| Total Carbohydrates | 34.09 | 19.38 | 13.85 | 7.45 |
| Total sugars | 1.14 | 0.73 | 1.27 | 0.81 |
| Proteins ** | 10.63 | 6.60 | 21.26 | 13.20 |

*The % adult's reference intake is based on a 2000 kcal diet

** Amino acid content - p.41

PANISSES



A)

B)

A crispy and savory snack that's popular in the south of France, especially in Marseille. It's made with chickpea flour and water, mixed together to form a thick paste, which is then cut into fingers or rounds and fried until golden and crispy on the outside.

Ingredients:

A. Water, **wheat** flour (23%), salt, pepper and olive oil.

B. Water, chickpea flour (Local chickpea landrace 'Cigronet de l'Anoia') (23%), salt, pepper, and olive oil.

Substances or products causing allergies or intolerances in bold

How to consume: Microwave: To heat pre-cooked panisses, remove them from the packaging, cut in French fries shape and place them on a microwave-safe plate. Microwave on high for 1-2 minutes, ensuring they are heated through. Serve immediately while hot. Pan: For stovetop heating, remove the panisses from the packaging, cut them and heat them in a non-stick pan over medium-high heat for 3-5 minutes, turning occasionally until they are heated through and lightly browned.

Panisses are often served as an appetizer or snack.

How to store: The product was vacuum packed in polypropylene bags and stored at refrigeration temperatures (4°C).

Estimated shelf-life: 45 days. The product was vacuum packed in polypropylene bags and stored at refrigerated temperatures (4°C).

Production Cost: 1.40 € / 100 g

Descriptive sensory characteristics:

- | | |
|------------------------------------|---------------------------------------|
| Panisses-gluten (wheat flour) (A): | Panisses-gluten (chickpea flour) (B): |
| ✓ Thick | ✓ Chickpea |
| ✓ Soft | ✓ Gummy |
| ✓ Toasted | ✓ Spicy |

VEGAN SPANISH OMELET



A)

B)

A vegan version of the classic Spanish tortilla de patatas, which is typically made with eggs and potatoes. In this version, the eggs are replaced with a chickpea flour batter, and the potatoes are diced and cooked with onions before being mixed into the batter. The mixture is then cooked in a skillet until golden and crispy on the outside, and soft and fluffy on the inside.

Ingredients:

A. Vegan omelette (3:1). Water, violet potatoes, chickpea flour (Local chickpea landrace 'Cigronet de l'Anoia') (11.89%), onion, olive oil, and salt.

B. Vegan omelette (5:1). Water, violet potatoes, chickpea flour (Local chickpea landrace 'Cigronet de l'Anoia') (13.83%), onion, olive oil, and salt.

How to consume: Microwave: To heat a pre-cooked vegan potato and onion tortilla, pierce the packaging and place it on a microwave-safe plate. Microwave on high for 2-3 minutes, or until thoroughly heated. Let it stand for 30 seconds before serving. Pan: For stovetop heating, remove the tortilla from the packaging and heat it in a non-stick pan over medium heat for 4-5 minutes, turning once halfway through, until heated through and lightly browned on both sides. Serve hot and savor the flavors of your vegan potato and onion tortilla.

How to store: The product was vacuum packed in polypropylene bags and stored at refrigeration temperatures (4°C).

Estimated shelf-life: 30 days. The product was vacuum packed in polypropylene bags and stored at refrigerated temperatures (4°C).

Production Cost: 1.25 € / 100 g

Descriptive sensory characteristics:

- | | |
|--------------------|--------------------------|
| Vegan omelette (A) | Vegan omelette (5:1) (B) |
| ✓ hummus | ✓ fragile |
| ✓ grainy | ✓ chickpea |
| ✓ chickpea | ✓ sweet |
| ✓ toasted | ✓ toasted |

Nutricional facts

| | 100 gr | | Adult's reference intake (%)* | |
|----------------------------|-----------------------------------|---|-------------------------------|-------|
| | Panisses-gluten (wheat flour) (A) | Panisses-gluten free (chickpea flour) (B) | A | B |
| Energy | 112.49 (Kcal) 471.26 (Kj) | 111.82 (Kcal) 467.43 (Kj) | 5.61 | 5.58 |
| Total Fat | 1.21 | 1.46 | 1.73 | 2.09 |
| Saturated | 0.32 | 0.5 | 1.60 | 2.50 |
| Total Carbohydrates | 16.54 | 16.48 | 6.36 | 6.34 |
| Total Sugars | 0.45 | 0.57 | 0.50 | 0.63 |
| Protein ** | 8.86 | 8.19 | 17.72 | 16.38 |

*The % adult's reference intake is based on a 2000 kcal diet

** Amino acid content - p.41

Nutricional facts

| | 100 gr | | Adult's reference intake (%)* | |
|----------------------------|---------------------------|----------------------------|-------------------------------|-------|
| | Vegan omelette (3:1)(A) | Vegan omelette (5:1) (B) | (A) | (B) |
| Energy | 152.9 Kcal (640.30 Kj) | 145.03 Kcal (607.14 Kj) | 7.63 | 7.22 |
| Total Fat | 3.10 | 2.75 | 4.43 | 3.93 |
| Saturated | 0.63 | 0.4 | 3.15 | 2.00 |
| Total Carbohydrates | 26.31 | 19.43 | 10.88 | 7.47 |
| Total sugars | 1.04 | 0.76 | 1.16 | 0.84 |
| Proteins ** | 4.94 | 10.64 | 9.88 | 21.28 |

*The % adult's reference intake is based on a 2000 kcal diet

** Amino acid content - p.41

CORN SPREADABLE



This product is a food item that contains almonds, maize, chickpea flour, olive oil, sunflower oil, Cajun seasoning, and salt. The functional properties of this product may include providing a source of protein, healthy fats, and fiber, while potentially being low in carbohydrates and providing a spicy flavor.

Ingredients: **Almonds** (Local almond landrace ‘Llargueta’) (26.6%), chickpea flour (Local chickpea landrace ‘Cigronet de l’Anoia’) (26.6%), apple peel flour (14.9%), maize, olive oil, sunflower oil, cajun, and salt. The product was texturized with cocoa butter 8%.

Substances or products causing allergies or intolerances in bold

How to consume: Directly or to Spread in bread.

How to store: The product was packaged in 250 mL glass jars at room temperature.

Estimated shelf-life: 1 year at room temperature

Production Cost: 1.55 € / 100 g

Descriptive sensory characteristics:

- ✓ corn
- ✓ crunchy
- ✓ nut flavor
- ✓ spicy
- ✓ heterogeneus

CHESTNUT PUDDING



A)



B)

A creamy and comforting dessert that's made with pureed chestnuts, milk, sugar, and vanilla. It's a traditional dessert from the Ardèche region of France, where chestnuts are a popular ingredient. The pudding is typically served chilled and garnished with whipped cream or shaved chocolate.

Ingredients:

A. Chestnut puree (PDO Chestnut ‘Terra Fria’) (24.04%), **milk**, cream 35% M.G., **eggs**, sugar.

B. Chestnut puree (PDO Chestnut ‘Terra Fria’) (22.32 %), **milk**, cream 35% M.G., oligofructose, and **eggs**.

Substances or products causing allergies or intolerances in bold

How to consume: Remove from the refrigerator, take off the lid, and consume directly while cold.

How to store: The product was vacuum packed in polypropylene bags and stored at refrigeration temperatures (4° C)

Estimated shelf-life: 30 days at refrigerated temperatures (4° C)

Production Cost: 1.05 € / 100 g

Descriptive sensory characteristics:

| Chestnut pudding (Sugar) (A) | Chestnut pudding (Sugar-free) (B) |
|------------------------------|-----------------------------------|
| ✓ creamy | ✓ creamy |
| ✓ sweet | ✓ sweet |
| ✓ irregular | ✓ dry |

Nutricional facts

| | 100 gr | Adult's reference intake (%)* |
|----------------------------|-------------------------|-------------------------------|
| Energy | 636.9 Kcal (2662.38 Kj) | 31.75 |
| Total Fat | 48.89 | 69.85 |
| Saturated | 9.02 | 45.10 |
| Total Carbohydrates | 40.12 | 15.44 |
| Total sugars | 8.69 | 9.65 |
| Proteins ** | 9.09 | 18.18 |

*The % adult's reference intake is based on a 2000 kcal diet

** Amino acid content - p.41

Nutricional facts

| | Per 100 g | | Adult's reference intake (%)* | |
|----------------------------|------------------------------|-----------------------------------|-------------------------------|-------|
| | Chestnut pudding (Sugar) (A) | Chestnut pudding (Sugar-free) (B) | A | B |
| Energy | 270.95 (Kcal) 1133.68(Kj) | 263.15 (Kcal) 1102.19 (Kj) | 13.50 | 13.14 |
| Total Fat | 16.71 | 17.19 | 23.87 | 24.56 |
| Saturated | 10.35 | 10.52 | 51.75 | 52.60 |
| Total Carbohydrates | 24.41 | 22.97 | 9.39 | 8.84 |
| Total Sugars | 17.41 | 1.30 | 19.34 | 1.44 |
| Protein ** | 5.73 | 4.14 | 11.46 | 8.28 |

*The % adult's reference intake is based on a 2000 kcal diet

** Amino acid content - p.41

HALZENUT OMELETTE



A)

B)

A vegan and gluten-free omelette made with chickpea flour, hazelnut milk, and spices like cumin and paprika. The batter is cooked in a skillet until golden and crispy on the outside, and soft and fluffy on the inside. The hazelnut milk adds a nutty and rich flavor to the omelette.

Ingredients:

A. Milk, wheat flour, eggs, hazelnut (PDO Avellana de Reus/ cv. 'Negreta') (5.95%), olive oil, and salt.

B. Milk, hazelnut flour (PDO Avellana de Reus/ cv. 'Negreta'), **eggs, hazelnut** (PDO Avellana de Reus/ cv. 'Negreta'), olive oil, and salt.

Substances or products causing allergies or intolerances in bold

How to consume: Microwave: To reheat vacuum-sealed pre-cooked farinata, carefully remove it from the packaging and place it on a microwave-safe plate. Microwave on high for approximately 1-2 minutes, adjusting the time as needed based on the microwave's wattage and the thickness of the farinata. Allow the farinata to rest in the microwave for about 30 seconds before carefully removing to evenly distribute the heat. **Pan:** For stovetop heating, open the vacuum-sealed package of farinata and transfer it to a large non-stick paella pan or skillet. Heat over medium-high heat, stirring occasionally to prevent sticking. Cook for approximately 5 minutes until the farinata is heated through and achieves a light crispness on the exterior.

How to store: The product was vacuum packed in polypropylene bags and stored at refrigeration temperatures (4°C).

Estimated shelf-life: 30 days at refrigerated temperatures

Production Cost: 1.50 € / 100 g

Descriptive sensory characteristics:

| Wheat flour (A) | Hazelnut flour (B) |
|-------------------|------------------------|
| ✓ toasted | ✓ toasted |
| ✓ spongy | ✓ halzenut/ nut flavor |
| ✓ Pancake texture | ✓ crepe texture |

MARZIPAN



Dough obtained from the mixture of almonds, sugar, glucose syrups and honey, baked in the shape of a figure.

Ingredients: Almonds, different Moroccan almond varieties (Local Almonds Pelin, Espoir, Atouch) (55%), sugar, honey, stabilizer (E 420), glucose syrup, water, preservatives (E 200, E 202), aroma. May contain traces of **nuts, milk, sulfites and egg**.

Substances or products causing allergies or intolerances in bold

How to consume: Directly.

How to store: Store in a cool and dry place

Estimated shelf-life: at 12 months. at room temperature

Production Cost: 1,5 €/ ud

Descriptive sensory characteristics:

| Moroccan almond marzipan | California almond marzipan |
|--|----------------------------|
| ✓ pleasant texture in the mouth | ✓ it's a little dry |
| ✓ sweet and with a pleasant honey flavor | ✓ it's not very sweet |
| | ✓ high hardness |

Nutricional facts

Nutricional facts

| | Per 100 g | | Adult's reference intake (%)* | |
|----------------------------|-------------------------|--------------------------|-------------------------------|-------|
| | Wheat flour (A) | Hazelnut flour (B) | A | B |
| Energy | 252.98 Kcal (1057.17Kj) | 234.21 Kcal (1391.85 Kj) | 12.60 | 16.67 |
| Total Fat | 9.70 | 26.69 | 13.86 | 38.13 |
| Saturated | 1.20 | 5.30 | 6.00 | 26.50 |
| Total Carbohydrates | 35.91 | 17.86 | 13.80 | 6.87 |
| Total Sugars | 8.48 | 15.50 | 9.86 | 17.22 |
| Protein ** | 5.51 | 5.64 | 11.02 | 11.28 |

*The % adult's reference intake is based on a 2000 kcal diet

** Amino acid content - p.41

| | 100 gr | Adult's reference intake (%)* |
|----------------------------|--------------------|-------------------------------|
| Energy | 485 Kcal (2029 Kj) | 6 |
| Total Fat | 28 | 10 |
| Saturated | 2.3 | 3 |
| Total Carbohydrates | 43 | 4 |
| Total sugars | 33 | 9 |
| Proteins ** | 14 | 7 |
| Salt | 0.02 | 0 |

*The % adult's reference intake is based on a 2000 kcal diet

** Amino acid content - p.41

TURRON MINI TORTITAS ALICANTE



Dough obtained from the mixture of toasted almonds, with sugar, glucose fructose syrups, honey and egg white with obela coating.

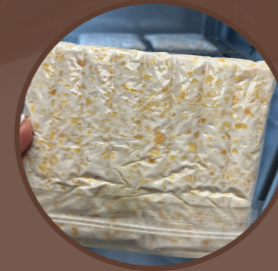
Ingredients: Toasted almonds (different Moroccan almond varieties (local almonds pelin, Espoir, atouch) (65%), honey (15%), glucose and fructose syrup, sugar, **Egg White**. coating wafers (potato starch, refined sunflower oil). May contain traces of other tree nut (**walnuts**, macadamia **nuts**, **pistachio**, and **hazelnut**) and **peanut**.

Substances or products causing allergies or intolerances in bold

- How to consume: Directly.
- How to store: Store in a cool and dry place
- Estimated shelf-life: 20 months at room temperature
- Production Cost: 2,1275 €/ ud
- Descriptive sensory characteristics:

| | |
|--|--|
| <p>Moroccan almond Turrón Mini Tortitas Alicante</p> <ul style="list-style-type: none"> ✓ delicious ✓ crunchy and sweet almond ✓ crisp and pleasant in the mouth ✓ honey | <p>California almond Turrón Mini Tortitas Alicante</p> <ul style="list-style-type: none"> ✓ doesn't creak enough ✓ something less sweet ✓ smallest almond |
|--|--|

TEMPOS



"Tempos" is the food product based on the fermentation of lupin seeds by the fungi *Rhizopus Oligosporus*, which also known as Tempeh starter. It is based on the traditional Indonesian food "Tempos" which is made by a natural culturing and controlled fermentation process that binds soybeans into a cake form.

Ingredients: Israel lupin seeds (*Lupinus albus*)

How to consume: "Tempos" is suitable for several ways of consumption. For example, it is considered a ready-to-eat product that might be added to salads and dishes; frying or baking result in consuming "Tempos" in a nuggets-like form; It can also be used for steaming, simmering or cooking (it absorbs the flavour of the food it's cooked with).

How to store: Extension of the shelf-life for 6 months may be achieved by refrigerating (4 °C) the sterilized product in vacuumed bag.

Estimated shelf-life: 6 months in refrigerated storage (4 °C)

Production Cost: The production cost of a 300 gram product unit (bag) is estimated as 1.7 euros.

Nutricional facts

| | Per 100 g | Adult's reference intake (%)* |
|---------------------|--------------------|-------------------------------|
| Energy | 541 Kcal (2265 Kj) | 7 |
| Total Fat | 36 | 13 |
| Saturated | 2.9 | 4 |
| Total Carbohydrates | 34.2 | 3 |
| Total sugars | 34 | 9 |
| Proteins | 17 | 9 |
| Salt | 0.04 | 0 |

*The % adult's reference intake is based on a 2000 kcal diet

** Amino acid content - p.41

Nutricional facts

| | Per 100 g | Adult's reference intake (%)* |
|---------------------|-------------------|-------------------------------|
| Energy | 101 Kcal (423 Kj) | 5.1 |
| Total Fat | 1.7 | 2.4 |
| Saturated | 0.2 | 0.0 |
| Total Carbohydrates | 15.3 | 5.0 |
| Total sugars | 2.7 | 3.0 |
| Fiber | 12.7 | / |
| Proteins ** | 12.4 | 24.8 |
| Salt | 0.02 | 0.3 |

*The % adult's reference intake is based on a 2000 kcal diet

** Amino acid content - p.41

HUMMUS



Hummus recipes with tasty variations.

Ingredients:

A) Hummus with Vera's red pepper: Chickpeas (Local chickpea landrace 'Cigronet de l'Anoia') (68 %), dried tomato oil, tahini, lemon concentrate, red chili, mild olive oil, crushed garlic, salt, sweet paprika from la vera, rosemary, smoked hot paprika, cumin, black pepper.

B) Hummus with Piquillo pepper: Chickpeas (Local chickpea landrace 'Cigronet de l'Anoia') (69 %), piquillo pepper, tahini, crushed garlic, mild olive oil, lemon concentrate, red chili, salt, smoked hot paprika, cumin, black pepper.

C) Hummus with truffles: Chickpeas (Local chickpea landrace 'Cigronet de l'Anoia') (78 %), mild olive oil, tahin, crushed garlic, lemon concentrate, salt, tuber melanosporum, truffle flavour, black pepper, cumin.

D) Hummus with cod and truffles: Chickpeas (Local chickpea landrace 'Cigronet de l'Anoia') (73 %), desalted cod pasta, mild olive oil, tahin, crushed garlic, lemon concentrate, salt, tuber melanosporum, truffle flavor, black pepper, cumin.

How to consume: Spread hummus paste on a toast; as a food accompaniment on meat dishes; and dip with nachos.

How to store: room temperature

Estimated shelf-life: 2 years

Production Cost:

| A) Hummus with Vera's red pepper | B) Hummus with Piquillo pepper | C) Hummus with truffles | D) Hummus with cod and truffles |
|----------------------------------|--------------------------------|-------------------------|---------------------------------|
| 0.88€ | 0.99€ | 1.05€ | 0.88€ |

AMINO ACID CONTENT

Nutricional facts

| | 100 gr | | | | Adult's reference intake (%)* | | | |
|----------------------------|-------------------|--------------------|-------------------|-------------------|-------------------------------|------|------|------|
| | A | B | C | D | A | B | C | D |
| Energy | 187 Kcal (778 Kj) | 333 Kcal (1394 Kj) | 203 Kcal (844 Kj) | 172 Kcal (716 Kj) | 9.4 | 6.8 | 10.2 | 8.6 |
| Total Fat | 12.2 | 6.5 | 13.7 | 11.1 | 17.4 | 9.3 | 19.6 | 15.9 |
| Saturated | 1.9 | 1.1 | 2.2 | 1.4 | 9.5 | 5.5 | 11.0 | 7.0 |
| Total Carbohydrates | 12.3 | 13 | 12.9 | 11.1 | 4.7 | 5.0 | 5.0 | 4.3 |
| Total sugars | 1.7 | 1.1 | 1.6 | 1.6 | 1.9 | 1.2 | 1.8 | 1.8 |
| Protein ** | 2.2 | 6.0 | 7.0 | 7.0 | / | / | / | / |
| Salt | 1.4 | 1.3 | 1.3 | 1.2 | 4.4 | 12.0 | 14.0 | 14.0 |

*The % adult's reference intake is based on a 2000 kcal diet

** Amino acid content - p.41

AMINO ACID CONTENT

| SAMPLE | HIS | LYS | THR | VAL | MET | ILE | LEU | PHE | TRP |
|------------------------------------|-----|-----|-----|-----|-----|-----|-----|-----|------|
| HAZELNUT SPREADABLE | - | - | - | - | - | - | - | - | + |
| CHICKPEA GNOCCHI | - | - | + | + | + | + | + | + | n.d. |
| GREEN PEA GNOCCHI | - | - | + | + | + | + | + | + | n.d. |
| RED LENTIL GNOCCHI | - | - | + | + | + | + | + | + | n.d. |
| RED LENTIL DRIED PASTA | - | - | + | + | + | + | + | + | n.d. |
| ROMESCU | - | - | - | - | - | - | - | - | + |
| SNACKS CHICKP | + | + | + | + | + | + | + | + | + |
| GLUTEN FREE KÖMBE | - | - | - | - | - | - | + | + | + |
| FERMENTED ALMOND DRINK | + | + | + | + | - | + | + | + | + |
| ALMOND-CHICKPEA YOGURT ANALOGUE | + | + | + | + | + | + | + | + | + |
| GLUTEN FREE AND VEGAN KEŞKÜL | - | - | - | - | - | - | - | - | - |
| SPREADABLE COCOA CREAM | - | - | - | - | - | - | - | - | - |
| BLANCHED ALMOND PASTE | - | - | - | - | - | - | - | + | + |
| CHESTNUT CUSCUS | - | - | - | - | - | - | - | + | + |
| CHESTNUT SPREADABLE WITH CAROB | - | - | - | - | - | - | - | - | + |
| CHESTNUT SPREADABLE WITHOUT CAROB | - | - | - | - | - | - | - | + | + |
| FARINATA RAW FLOUR | + | + | + | + | - | + | + | - | + |
| FARINATA RAW FLOUR | + | + | + | + | - | + | + | - | + |
| GLUTEN FREE PANISSES | + | + | - | + | + | + | + | - | + |
| GLUTEN PANISSES | + | + | + | + | + | + | + | - | + |
| VEGAN OMELETE | - | - | - | - | - | - | - | - | - |
| CORN SPREADABLE | - | - | - | - | - | - | - | + | + |
| GLUTEN FREE RAVIOLI WITH ARTICHOKE | - | - | - | - | - | - | - | + | + |
| CHESTNUT PUDDING | - | - | - | - | - | - | - | - | - |
| GLUTEN FREE BREAD | - | - | - | - | - | - | - | - | - |
| HALZENUT OMELETE | - | - | - | - | - | - | - | - | - |
| MARZIPAN | - | - | - | - | - | - | - | + | + |
| TEMPEH | - | - | - | - | - | - | - | - | - |
| TURRON | - | + | - | - | - | - | + | + | + |
| HUMMUS WITH VERA'S RED PEPPER | + | + | + | + | + | + | + | + | + |
| HUMMUS WITH PIQUILLO PEPPER | + | + | + | + | + | + | + | + | + |
| HUMMUS WITH TRUFFLES | + | + | + | + | + | + | + | + | + |
| HUMMUS WITH COD AND TRUFFLES | + | + | + | + | + | + | + | + | + |

His: histidine; Lys: lysine; Thr: threonine; Val: valine; Met: methionine; Ile: isoleucine; Leu: leucine; Phe: phenylalanine; Trp: thryptophan; n.d: not detected





<https://localnutleg.eu>

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