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RECEIVED 26 February 2023  
ACCEPTED 03 July 2023  
PUBLISHED 31 July 2023

CITATION  
Alrosan M, Tan T-C, Mat Easa A, Gammoh S,  
Alu'datt AM, Tranchant CC, Almajwal AM,  
Maghaydah S, Dheyab MA, Jameel MS,  
Al-Qaisi A and Al Qudsi FR (2023) Preparation  
of lentil and quinoa protein complexes through  
protein-protein interactions and water  
kefir-assisted fermentation to improve protein  
quality and functionality.  
*Front. Sustain. Food Syst.* 7:1174597.  
doi: 10.3389/fsufs.2023.1174597

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# Preparation of lentil and quinoa protein complexes through protein-protein interactions and water kefir-assisted fermentation to improve protein quality and functionality

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**Introduction:** Industrial applications of lentil (LP) and quinoa (QP) proteins are limited due to their relatively poor water solubility. In this study, a combination of protein-protein interaction (PPI) and fermentation was used to improve the functionality and nutritional value of LP by conjugating them with QP. The reaction conditions between LP and QP for producing these conjugates were established.

**Methods:** The ratio of LP to QP was equal (50:50), and complexation was carried out at 25°C for 60 min. Fermentation of the solubilized LP-QP complexes (1%, w/v) for 5 days at 25°C with water kefir (5%, v/v) was carried out to enhance the protein quality and functionality of the LP-QP complexes.

**Results:** The combined technique significantly enhanced protein digestibility, decreased the proportion of  $\alpha$ -helices in the protein structure in favor of random coil components, and improved the phenolic content of the LP-QP complexes. Digestibility increased to 87%, up from 76% for unfermented LP-QP. Moreover, the LP-QP complexes produced using the combined technique generated a highly nutritional protein with a reduced saponin content.

**Conclusion:** This research revealed that a combination of PPI and water kefir fermentation significantly enhances the nutritional and functional quality of LP, creating new opportunities for leveraging the growing popularity of plant-based proteins into high-value industrial applications.

## KEYWORDS

lentil protein, quinoa protein, protein digestibility, water kefir fermentation, phenolic compounds

# Opportunities To Improve Protein Quality And Quant



**M Planty**

## **Opportunities To Improve Protein Quality And Quant:**

## **Opportunities To Improve Protein Quality And Quant** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has are more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Opportunities To Improve Protein Quality And Quant**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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### **Table of Contents Opportunities To Improve Protein Quality And Quant**

1. Understanding the eBook Opportunities To Improve Protein Quality And Quant
  - The Rise of Digital Reading Opportunities To Improve Protein Quality And Quant
  - Advantages of eBooks Over Traditional Books
2. Identifying Opportunities To Improve Protein Quality And Quant
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Opportunities To Improve Protein Quality And Quant
  - User-Friendly Interface
4. Exploring eBook Recommendations from Opportunities To Improve Protein Quality And Quant
  - Personalized Recommendations
  - Opportunities To Improve Protein Quality And Quant User Reviews and Ratings

- Opportunities To Improve Protein Quality And Quant and Bestseller Lists
- 5. Accessing Opportunities To Improve Protein Quality And Quant Free and Paid eBooks
  - Opportunities To Improve Protein Quality And Quant Public Domain eBooks
  - Opportunities To Improve Protein Quality And Quant eBook Subscription Services
  - Opportunities To Improve Protein Quality And Quant Budget-Friendly Options
- 6. Navigating Opportunities To Improve Protein Quality And Quant eBook Formats
  - ePub, PDF, MOBI, and More
  - Opportunities To Improve Protein Quality And Quant Compatibility with Devices
  - Opportunities To Improve Protein Quality And Quant Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Opportunities To Improve Protein Quality And Quant
  - Highlighting and Note-Taking Opportunities To Improve Protein Quality And Quant
  - Interactive Elements Opportunities To Improve Protein Quality And Quant
- 8. Staying Engaged with Opportunities To Improve Protein Quality And Quant
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Opportunities To Improve Protein Quality And Quant
- 9. Balancing eBooks and Physical Books Opportunities To Improve Protein Quality And Quant
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Opportunities To Improve Protein Quality And Quant
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Opportunities To Improve Protein Quality And Quant
  - Setting Reading Goals Opportunities To Improve Protein Quality And Quant
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Opportunities To Improve Protein Quality And Quant
  - Fact-Checking eBook Content of Opportunities To Improve Protein Quality And Quant
  - Distinguishing Credible Sources

13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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web oct 23 2010 they include no expensive equipment or health clubs to joinsave time by working out from home in as little as 15 minutes a dayno separate workouts for different parts of your bodyno need for long boring cardio sessionsbodyweight workouts will energize you regain your youth and vitalityburn fat off your body like butter under a