



SPELT: digestibility ensured

## ***NUTRI-lipidomics*** *Molecular nutrition and healthy diet*



### **Spelt and its properties**

Spelt is considered the oldest species of wheat that grows without particular climatic needs and with a high resistance to diseases and adverse conditions. One of the peculiar

characteristics of this cereal is the presence of resistant glumeal envelopes, which protects the kernels, maintaining its nutritional values and preserving its freshness. In particular, **spelt starch is more resistant to digestion and this helps to improve intestinal transit, blood sugar and cholesterol.** In addition, spelt flour contains high amounts of amino acids, minerals and vitamins and a more digestible gluten than wheat.

Therefore, combining this precious cereal with a series of other ingredients such as the good fats of blue fish, extra virgin olive oil, walnuts and avocado, results in a precious dish for the balance of our lipid structure and for the health of our membranes, with positive implications both on cardiovascular health and useful for the prevention of pathologies that have a chronic inflammatory state at the base. The presence of tomato pulp, a source of antioxidants such as lycopene, whose bioavailability is optimized by cooking in extra virgin olive oil, completes the antioxidant power of this dish.

## Nutriliipidomic recipe

Spelt with mackerel in walnut and avocado pesto

Ingredients (for 2 people):

- 160 g spelt
- Fresh mackerel fillets g 200
- 20 g of walnut kernels

- 50 g of avocado
- 20 g of extra virgin olive oil
- 200 g of red tomatoes

### **METHOD**

Put a liter of water to boil in a saucepan and cook the spelt in it. Drain and set aside. Meanwhile, steam the mackerel fillets for about 6-7 minutes, strip them and set aside.

In a pan, add the extra virgin olive oil and heat slightly with a clove of garlic, add the tomatoes cut in half and skinned, let them blanch slightly for 4-5 minutes then allow to cool.

In a blender, combine the chopped avocado and cherry tomatoes. Blend well until reduced to cream. Separately, crush the walnuts, leaving them in grains to give crunchiness to the dish.

At this point, add the tomato and avocado cream to the spelt, mix well, add the filleted mackerel and chopped walnuts.

Leave to cool in the fridge for half an hour and serve.

## Nutritional values per recipe and per person

	Kcal	Pro- teins	Carbs	Sugar	Total fats	Satu- rated	Mono- insaturated	Polin- saturated	Cho- lestero- l	Fibers
Spelt	564,8	26,24	76,83	3,84	3,39	0,65	0,72	2,02		17,12
Mackerel	388	36,2	0,10	0,10	22,3	6,44	8,06	7,82	99,4	
Walnut kernels	137,2	3,6	0,78	0,44	13	1,24	2,6	9,2		14,38
Avocado	102,5	0,78	0,41		9,81	2,25	6,15	1,41		1,8
Evo oil	180				19,09	3,04	14,62	1,43		
Tomatoes	38,6	1,72	4,98	4,86	0,42	0,11	0,07	0,24		2,4
<b>Tot. Per recipe</b>	1411	68,54	86,1	9,24	68	13,73	32,22	22,12	99,4	35,7
<b>Tot. Per person</b>	705,5	34,27	43,05	4,62	34	6,86	16,11	11,06	49,7	17,85

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The food recommendations in the article are not intended as a substitute for a personalized meal plan and are to be adapted to specific cases.

### Sources:

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