

The use of the seeds in the kitchen

NUTRI-lipidomics

Molecular nutrition and healthy diet



Walnuts and essential seed tangerine flavor bites

The nature gave us seeds that we might call essential since they are good fats sources for our health. Obviously, the seeds composition is variable from plant to plant and some of them, presents a health promoting lipidomic profile.

With this recipe we wanted to create a snack for a light meal, a break, that allows us to introduce some basic fundamental fatty acids that otherwise we hardly consume during the main meals.

Recipe

Ingredients (for 40 bites – 20 persons):

- 120 g di raw shelled nuts
- 120 g shelled Macadamia nuts
- 150 g dried stoned dates
- 10 g flax seeds
- 10 g chia seeds
- 1 pinch of integral sea salt
- an organic tangerine zest and juice
- 10 g organic dried locust bean flour

Preparation:

Grate the organic tangerine zest and save it for later. Squeeze out the tangerine juice and save it for later.

In a kitchenaid (robot) put the raw shelled nuts and the shelled Macadamia nuts, add the dried stoned dates, tangerine zest and juice, all the seed and the sea salt.

Blend until all the ingredients are well mixed together but not compacted.

Take a small amount of dough (10-15 g) and form small balls and then roll its into the locust bean flour.

Place its into a tray and put its into the freezer for half an hour.

Preservation: this snack can be stored in freezer for a month.



Nutrizional Values for the recipe (466g):

	Kcal	Protein	Carbs	Sugar	Fats	Saturated	Mono-unsaturated	Poly-unsaturated	Omega 3*	Fibers
Macadamia Nuts	861,6	9,5	16,6	5,5	90,8	14,4	70,8	1,8	0,25	10,32
Hazelnuts	753,6	17,88	20,04	5,16	72,84	5,28	54,72	9,50	1,2	11,6
Flax seeds	1,83	2,88	0,15	4,22	0,36	0,75	2,87	2,73	2,1	53,4
Chia seeds	4,86	1,6	4,2	–	3,1	0,3	0,2	2,4	2,0	3,4
Dates	415,5	2,7	112,3	99,6	0,2	–	–	–	–	10,0
Tangerine juice	12,9	0,15	3	0,29	0,06	–	–	–	–	0,06
Dried locust bean flour	22,2	0,46	8,9	4,9	0,06	–	–	–	–	4

Nutrizional Values per portion (24 g equal to 2 tidbits):

Kcal	Protein	Carbs	Sugar	Fats	Saturated	Mono-unsaturated	Poly-unsaturated	Omega 3*	Fibers
109	1,81	8,5	6,1	8,62	1,0	6,62	0,84	0,28	4,77

* alpha linoleic acid

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The diet advise, written in the article, are not intended to be a substitute for a personal nutrition plan and should be adapted to specific cases.
