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# **Czech J. Food Sci.**

**Skibniewska K.A.,  
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## **Nutritional value of the protein of consumer carp *Cyprinus carpio* L.**

Czech J. Food Sci., 31 (2013): 313-317

The nutritional value of the protein of carp from breeding technologies currently employed in Poland (semi-extensive, low-intensive and high-intensive ones) was evaluated. The total protein content was from 16.9% to 18.6% and did not diverge from the content of this nutrient in other fish species. The protein of the studied carps was characterised by a high content of exogenous amino acids, considerably exceeding their amount compared to the standard protein, irrespective of the area of breeding or the

production intensity level. The dominant amino acids were histidine, methionine, and cysteine, phenylalanine and tyrosine, lysine and threonine. The amino acid limiting the nutritional value of protein was valine, yet the values of calculated limiting amino acid indices were high. Carp meat should be treated as a source of full-value protein.

### **Keywords:**

amino acid profile; fish; food of standard value

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