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Czech J. Food Sci

Rendón-Villalobos R.,
Ortíz-Sánchez A.,

Solorza-Feria J., Trujillo-Hernández C.A.:

Formulation, physicochemical, nutritional and sensorial evaluation of corn tortillas supplemented with chía seed (*Salvia hispanica* L.)

Czech J. Food Sci., 30 (2012): 118-125

Composite flours containing 5%, 10%, 15%, and 20% of chia seed flour and corn were used for tortilla formulations. The effects of chia powders supplementation on the physicochemical and sensorial characteristics as well as starch digestibility of the tortillas were evaluated. Nutritionally, all chia tortillas had significantly higher levels ($P < 0.001$ of protein, lipids, and total dietary fibre

than the control. The reduced enzymatic starch hydrolysis rate and predicted glycemic index recorded for the chia seed-added tortilla indicated slow digestion features. Sensory evaluation di not show significant ($P > 0.05$) differences in the attributes among tortillas. Owing to the increase in the tota dietary fibre, lower digestion, and predicted glycemic index values, chia seed-added tortilla can be considered as