

# Accepted Manuscript

Development of low-fat gluten and starch fried matrices with high fiber content

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PII: S0023-6438(14)00241-2

DOI: [10.1016/j.lwt.2014.04.036](https://doi.org/10.1016/j.lwt.2014.04.036)

Reference: YFSTL 3872

To appear in: *LWT - Food Science and Technology*

Received Date: 1 February 2014

Revised Date: 15 April 2014

Accepted Date: 21 April 2014

Please cite this article as: Dueik, V., Sobukola, O., Bouchon, P., Development of low-fat gluten and starch fried matrices with high fiber content, *LWT - Food Science and Technology* (2014), doi: 10.1016/j.lwt.2014.04.036.

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**Highlights**

- The effect of wheat bran inclusion in a fried gluten-starch matrix was examined
- Pregelatinized starch addition provided adequate structure and reduced oil uptake
- Oil absorption was decreased by 35% in formulations with 20 g wheat bran/g dry solids
- Post-frying centrifugation reduced oil in high-fiber matrices by 70%.
- Centrifugation effectiveness confirmed the importance of oil uptake during cooling

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