

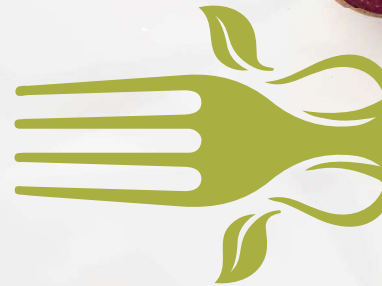


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POSTER VII.9 NUTRITIONAL PROFILE OF HAZELNUTS FROM BEIRA INTERIOR: A COMPARATIVE STUDY OF NINE VARIETIES

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Hazelnut (*Corylus avellana* L.) is a very popular fruit in the world. The biggest producer of hazelnut is Türkiye followed by Italy and the United States of America (FAOSTAT, 2020). Considering the dried fruit sector in Portugal, hazelnut is the one with the smallest cultivated area and the lowest annual production (around 232 tons per year) (INE, 2022). Hazelnuts quality depends on its physical and chemical properties; however, few studies address these parameters from hazelnuts cultivated in Portugal. In this context, the nutritional analysis of nine hazelnut varieties (Gunslebert, Provence, Cosford, Grada de Viseu, Barcelona, Negreta, Longue D'Espagne, Ennis and Sergorbe) grown in Beira Interior in Portugal was evaluated. The parameters analysed were moisture, ash, fat, fatty acids, fibre, protein, sodium and sugar profile. The results showed a high content of lipids (46.5 g.100g⁻¹ (Barcelona) - 64.1 g.100g⁻¹ (Negreta)), protein (15.1 g.100g⁻¹ (Negreta)) - 23.2 g.100g⁻¹ (Grada de Viseu)) and fibre (7.7 g.100g⁻¹ (Grada de Viseu) - 36.9 g.100g⁻¹ (Negreta)). Regarding fatty acid profile, oleic acid (70.4% (Barcelona) - 81.0% (Ennis)) is the major followed by linoleic acid (9.3% (Cosford) - 21.1% (Barcelona)). In general, hazelnuts with higher oleic acid than linoleic acid have higher oxidative stability and a longer shelf life (Gama et al. 2018). Overall, sucrose, fructose and glucose were identified in the hazelnuts. As a matter of fact, the differences among the varieties evidence the richness of this resource. When explored, this richness can lead to the development of new products, the valorisation of the resource and the strengthening of the hazelnut market in Portugal.

ACKNOWLEDGMENTS:

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