

Spelt vs common wheat: potential advantages and benefits

Date added: 2020-03-18

Pages: 57-64

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Abstract

This work gives a brief review of existing studies that compares spelt and modern wheat from various aspects of quality including technological, nutritional, functional and safety performance. Spelt shows acceptable bread-making performances. It can be used for bread, cookie, cracker and pasta manufacture with some adaptations in processing. Regarding nutritional quality, spelt is very similar to wheat and represents richer source of selenium, folates, phytosterols and alkylresorcinols than modern wheats. From the aspect of food safety, spelt shows advantages as being a hulled wheat.

DOI: <https://doi.org/10.32933/ActaInnovations.35.4>

Keywords

spelt; common wheat; advantages; food safety

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