THE ANTI-NUTRITIONAL FACTORS OF LEGUMES AND THEIR TREATMENT POSSIBILITIES: A REVIEW

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Abstract
Today the demand for plant-based protein is growing rapidly due to increased awareness of animal protein growing costs and limited supply and has been highly related to biodiversity loss, climate change, and freshwater depletion. Legumes are in demand for their high content of protein, minerals, vitamins, and carbohydrates, also including dietary fibre. Legumes are rich not only in macronutrients and micronutrients but also contain anti-nutritional factors. One of the most important anti-nutritive properties of legumes is their high trypsin activity. The length of time required for the preparation of legumes has limited their frequency of use compared to recommended intake levels. By heat treatment, an anti-nutritional component in legumes can be mostly separated. The possibility of using extrusion cooking, microwave dryer, roasting equipment, etc., is widely studied. Roasting is one of the widespread methods for treatment of legumes that significantly enhances the texture, flavour, colour, and product appearance. The latest studies in the legume treatments report valuable results after the combined treatments, wet roasting, which includes: dehulling, soaking, and roasting. Heat treatment can be a potential way to improve legumes use in food production: reducing the time required for treatment, preparation and improving nutritional value.

Key words: legumes, protein, plant-based, roasting, heat treatment, anti-nutrients.

Introduction
The need for plant-based proteins is rapidly growing with raised awareness of the carbon footprint caused by meat and dairy-based foods, as plant-based foods have smaller carbon footmarks. Legumes are among these starch molecules, there are hydrogen bonds that make the legumes, especially beans, very dense, and a high energy capacity is required to smash this hydrogen bonds structure by cooking treatment (Du et al., 2014). There are many treatments performed to carry off, that legumes for the human organism are eventually digestible, mainly fully free of anti-nutritional factors, such as lipoxygenases, trypsin inhibitors, and glycoproteins, as lectin, vicin or convicin. Compounds in legumes such as tannins, polyphenols, and phytic acid have been mentioned in terms of their effect on the human organism and should be considered too. Anti-nutrients are the binders that make a bond with the nutrient substances in the food and make those food compounds less accessible for absorption in the human body (Samtiya et al., 2021).

Anti-nutrients can be removed or decreased via numerous treatments of the legumes such as soaking, germination, heating, and fermentation. Soaking is the most economical and easiest treatment, in addition, to considering the anti-nutritional factors inactivation. The dehull is used in terms of protein enrichment in peas and beans (Mohamed et al., 2011a; Jiang et al., 2016; Samtiya et al., 2021). To tackle these anti-nutritional issues, there is an increasing demand to develop an efficient treatment methods for advanced legume utilization; thus, the present study aimed to review research findings for treatment methods for legumes as well as innovative and structured technology resolutions for cost reduction including maximum removal of anti-nutritional compounds.

Materials and Methods
Monographic method was used for this review. The review recapitulates results of advantages and disadvantages of legumes and their treatment possibilities. Literature mainly from nutritional scope of different scientific journals from Scopus, Web of Science and ScienceDirect data bases was used in development of the study. Studies were selected by key words, like legume anti-nutritional factors, treatments of legumes. More than 100 research was found, but only 38 research from the last ten years and 8 research older than ten years were used for the review, because they contained valuable information related to this study’s aim. The review includes material from research conducted in India, China, Australia, Greece, Egypt, Iran, Germany, etc.

Results and Discussion
Advantages and disadvantages of legumes
In the menu of legumes for humans, lentils, peas, millet, peanuts, lupines and varied botanical classifications different types of beans, also soy (Kinyanjui et al., 2015; Park et al., 2020; Schmelter, Rohm, & Struck, 2021) are included. Soybeans
(Glycine max L.) are the first most harvested legumes in the world, next second place is taken by peanuts (Arachis hypogaea L.) providing an important nutrition source for humans (Jiao et al., 2014). The legume protein content depends on botanical classification and is 50%–200% higher compared to grain protein content (Simons & Hall, 2018). The legume fat content is low and purely exceeds 4 g per 100 g of dry matter, but not for soybeans (Glycine max L.) (Schmelter, Rohm, & Struck, 2021). Lupines (Lupinus L.) contain a higher fat content up to 15 g per 100 g and chickpeas (Cicer arietinum L.) contain up to 7 g per 100 g. Legumes have a relatively low fraction of sulphur-containing amino acids, such as methionine and cysteine. Legumes are a good source of dietary fibre, proteins, B group vitamins, starch and minerals. Starch is the main component in the dry matter of legumes, like all plant-based seeds and legume mineral content is between 3-5 g per 100 g of dry matter (Rebello et al., 2014; Simons & Hall, 2018; Lignicka, & Galoburda, 2022).

A nutritional disadvantage of legumes is that they contain anti-nutrients, they are known as compounds that by themselves or through their metabolic products arise in living systems, obstruct food utilization and have an effect on the health of animals and humans (Mohamed et al., 2011a). Non-protein amino acids, protease inhibitors, lectins, phenolic substances, flatulence produces, saponins, and non-starch polysaccharides are the most popular anti-physiological compounds in legumes (Mohamed et al., 2011a). Protease inhibitors are widespread compounds reducing digestibility by blocking trypsin or chymotrypsin. Trypsin inhibitors inhibit the proteolytic activity of the digestive enzyme trypsin, thus reduce or prevent protein digestibility (Gulewicz et al., 2014). Phytic acid decreases mineral absorption. The complex formed from phenolic compounds or phytate negatively acts on the bioavailable minerals. Phytate implicates in causing less the most plentiful polyphenols in human nutrition and legumes contain them, too (Mohamed et al., 2011b). In the human colon, high quantity of polyphenols may inhibit reproducing of significant colon microorganisms (Samtiya et al., 2021). Lingyan et al. (2017) emphasize that some polyphenols in high amounts can also have a genotoxic or carcinogenic trait. Dietary polyphenols can inhibit iron absorption and decrease folic acid and thiamine motion in human organism (Samtiya et al., 2021).

Additional disadvantage is also the unpleasant ‘beany flavour’ of untreated faba bean (Vicia faba L.); thus in food use, this bean has been commonly limited. Faba bean (Vicia faba L.) is rich in proteins and due to the activity of endogenous enzymes can cause unpleasant ‘beany flavour’; thus, their utilization in foods gives challenges regarding the quality of the sensory of legumes. Lipoxygenase is an enzyme which catalyses the oxidation of fatty acids, like linolenic and linoleic acids into hydroperoxides. Bean tissues also have peroxidases that catalyse various oxidation-reduction reactions that have an impact on lipids. Peroxidase is generally used to appoint the conformity of heat treatments, because it is usually the most heat-stable enzyme in plants. To resolve the faba beans (Vicia faba L.) ‘beany flavour’ issue, it is suggested to use treatment with microwave heating, steaming, kilning, oven heating, and autoclaving (Jiang et al., 2016; Sun et al., 2020). Besides, not fully cooked kidney beans (Phaseolus vulgaris L.) can be toxic to human health, since the existence of the naturally occurring toxin phytotohemagglutinin. The usage of partially cooked kidney beans (Phaseolus vulgaris L.) in human food can guide to food poisoning, including nausea, gastroenteritis, and diarrhoea. The inactivation of phytotohemagglutinin is also disturbed by the dense structure of the kidney bean (Phaseolus vulgaris L.) (Sun et al., 2020).

Another reason is that legumes require prolonged soaking and cooking treatments; thus, they are not valued by all consumers (Karkanis et al., 2018). Also, the application of legumes in baked products has increased significantly due to the challenges of the growing amount of population that has coeliac disease (Simons & Hall, 2018). Legume flour is noticed as an alternative raw material for baked products because of its high content of fibre and protein (Karkanis et al., 2018).

The reasons for the strengthened growth of legumes are mostly high agricultural sustainability aspects like the fact that they can be considered as highly nutritious and the symbiotic fixation of atmospheric nitrogen (Schmelter, Rohm, & Struck, 2021). Thus, to get rid of disadvantages and highlight valuable in legumes, it is important to use the correct treatment methods.

**Treatment possibilities of legumes**

Separation of unpleasant components in legumes...
is highly required to improve sensory acceptability and nutritional quality, and help effectively cultivate their potential as plant-based food for humans (Mohamed et al., 2011b). Various food treatment methods such as soaking, germination, cooking, dehulling, and fermentation are known to increase the nutritional quality of legumes and also decrease anti-nutritional factors successfully (Mohamed et al., 2011a). The most effective treatment to get rid of anti-nutritional compounds in legumes are germination and fermentation, but their usage remains limited due to the certain sensory properties they cause and the additional work-load they involve (Mohamed et al., 2011b).

Different physical treatments have been proposed to remove or decrease anti-nutritional factors in legumes. The physical treatment involving soaking and cooking strongly improve legume nutritive value; see used methods in Table 1.

### Table 1

<table>
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<th>Treatment</th>
<th>Procedure</th>
<th>Legumes</th>
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<td>Pretreatment methods</td>
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<tr>
<td>Soaking</td>
<td>Soaked in distilled water 1:10 w v⁻¹. Room temperature ~25 °C. 24 h.</td>
<td>Soybean (Glycine max L.), mung bean (Vigna radiate L.), kidney bean (Phaseolus vulgaris L.)</td>
<td>Mohamed et al., 2011a, Mohamed et al., 2011b</td>
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<td></td>
<td>Soaked in different brine solutions with different pH 4, 5, 6, 8, 8.5.</td>
<td>Beans (Phaseolus vulgaris L.): rose coco, red haricot, zebra, canadian wonder, soya fupi, pinto, Mwezi moja, gwaku, new mwezi moja</td>
<td>Kinyanjui et al., 2015</td>
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<tr>
<td>Dehulling</td>
<td>Hulls were removed manually after soaking</td>
<td>Soybean (Glycine max L.), mung bean (Vigna radiate L.), kidney bean (Phaseolus vulgaris L.)</td>
<td>Mohamed et al., 2011a, Mohamed et al., 2011b</td>
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<td></td>
<td>The hulls were removed manually after being cracked with stones in a stone mill</td>
<td>Faba bean (Vicia faba L.)</td>
<td>Jiang et al., 2016</td>
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<td>Biotechnological methods</td>
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<td>Germination</td>
<td>Soaked in ethanol for 1 min, then soaked in distilled water (ratio 1:10 w v⁻¹). ~25 °C temperature. 12 h. Germinated in the dark for 5 days</td>
<td>Soybean (Glycine max L.), mung bean (Vigna radiate L.), kidney bean (Phaseolus vulgaris L.)</td>
<td>Mohamed et al., 2011a, Mohamed et al., 2011b</td>
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<td>Lactic Acid</td>
<td>Samples 1:10 (dry legumes: water w v⁻¹). Sterilized for 15 min at 121 °C. The flasks were inoculated with 0.5 ml of activated Lactic Acid bacteria strains (1%) and fermented at 37 °C for 72 h</td>
<td>Soybean (Glycine max L.), mung bean (Vigna radiate L.), kidney bean (Phaseolus vulgaris L.)</td>
<td>Mohamed et al., 2011a, Mohamed et al., 2011b</td>
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<td>Fermentation</td>
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<td>Milling methods</td>
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<td>Pin-disc milling</td>
<td>Beans were milled with a laboratory pin-disc mill set up to achieve minimum gap between pin-discs</td>
<td>Faba bean (Vicia faba L.)</td>
<td>Jiang et al., 2016</td>
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<td>Roller milling</td>
<td>Milled with a roller mill to gain “roller milled flours”</td>
<td>Faba bean (Vicia faba L.)</td>
<td>Jiang et al., 2016</td>
</tr>
<tr>
<td>Ultra-centrifugal milling</td>
<td>Beans were milled with a high speed rotor ultra-centrifuge mill equipped with a ring sieve (pore size 0.5 mm) and with 12000 rpm rotation speed</td>
<td>Faba bean (Vicia faba L.)</td>
<td>Jiang et al., 2016</td>
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# The Anti-Nutritional Factors of Legumes and Their Treatment Possibilities: A Review

<table>
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<tr>
<th>Treatment</th>
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<tr>
<td><strong>Cooking methods</strong></td>
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<tr>
<td>Boiling</td>
<td>Beans were boiled in distilled water at 100 °C (ratio of 1:10 w v⁻¹) on a hot plate until 90 min</td>
<td>Soybean (<em>Glycine max</em> L.), mung bean (<em>Vigna radiate</em> L.), kidney bean (<em>Phaseolus vulgaris</em> L.)</td>
<td>Mohamed et al., 2011a, Mohamed et al., 2011b</td>
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<td>Beans were boiled at 96 °C in a thermostatic water bath (WBU–45; Memmert, Schwabach, Germany) for 2 h</td>
<td>Beans (<em>Phaseolus vulgaris</em> L.): rose coco, red haricot, zebra, canadian wonder, soya fupi, pinto, mwezi moja, gwaku, new mwezi moja</td>
<td>Kinyanjui et al., 2015</td>
</tr>
<tr>
<td>Sterilization</td>
<td>Beans were sterilized in distilled water (ratio 1:10 w v⁻¹) at 15 atm, 121 °C for 10 min</td>
<td>Soybean (<em>Glycine max</em> L.), mung bean (<em>Vigna radiate</em> L.), kidney bean (<em>Phaseolus vulgaris</em> L.)</td>
<td>Mohamed et al., 2011a, Mohamed et al., 2011b</td>
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<tr>
<td>Microwave cooking</td>
<td>Beans were added in a Birex pot filled with distilled water (ratio 1:10 w v⁻¹), then cooked for 15 min in a microwave oven</td>
<td>Soybean (<em>Glycine max</em> L.), mung bean (<em>Vigna radiate</em> L.), kidney bean (<em>Phaseolus vulgaris</em> L.)</td>
<td>Mohamed et al., 2011a, Mohamed et al., 2011b</td>
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<td></td>
<td>Microwave oven used at 950 W. With 2, 3, 4, 6, 8 heating rounds, for 1, 1.5, 2, 3, 4 min, accordingly</td>
<td>Faba bean (<em>Vicia faba</em> L.)</td>
<td>Jiang et al., 2016</td>
</tr>
<tr>
<td>Drying</td>
<td>A pilot-scaled fluidized bed dryer with inert particles with dielectric heating source, 35–65 °C.</td>
<td>Broad bean (<em>Vicia faba</em> L.)</td>
<td>Hashemi, Mowla, &amp; Kazemeini, 2009</td>
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<td></td>
<td>Dried with microwave hot air rolling bed dryer. Hot air speed 0.5 m s⁻¹ and 60–80 °C, drum 5 rpm</td>
<td>Faba bean (<em>Vicia faba</em> L.)</td>
<td>Li et al., 2022</td>
</tr>
<tr>
<td>Roasting</td>
<td>Roasting was performed in an infrared roaster. The power was 250–450W for 10–30 min</td>
<td>Peanut kernels (<em>Arachis hypogaea</em> L.)</td>
<td>Bagheri et al., 2019</td>
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<td></td>
<td>45 min of hot air assisted radio frequency roasting at 110–130 °C</td>
<td>Peanut (<em>Arachis hypogaea</em> L.)</td>
<td>Jiao et al., 2015</td>
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<td></td>
<td>Roasted in batches until surface of the peas achieved 150 °C and the moisture content reached ~7.0%.</td>
<td>Chickpea (<em>Cicer arietinum</em> L.)</td>
<td>Kotsiou et al., 2022</td>
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<tr>
<td>Oven heating</td>
<td>Beans were heated in an oven at 170 °C for 30 min</td>
<td>Faba bean (<em>Vicia faba</em> L.)</td>
<td>Jiang et al., 2016</td>
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<td></td>
<td>Heating was done dry, in a hot air oven at 75–175 °C for 60 min</td>
<td>Faba bean (<em>Vicia faba</em> L.), Soy bean (<em>Glycine max</em> L.)</td>
<td>Bühler et al., 2020</td>
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<tr>
<td>Extrusion cooking</td>
<td>Single-screw extrusion at 120–170 °C temperature with 50–240 rpm</td>
<td>Bean (<em>Phaseolus vulgaris</em> L.)</td>
<td>Espinoza-Moreno et al., 2016</td>
</tr>
<tr>
<td></td>
<td>Twin-screw extrusion at 150 °C temperature with 200 rpm</td>
<td>Pea (<em>Pisum sativum</em> L.)</td>
<td>Koksel et al., 2018</td>
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<td></td>
<td>Single-screw extrusion at 160 °C temperature with 250 rpm</td>
<td>Chickpea (<em>Cicer arietinum</em> L.)</td>
<td>Hegazy et al., 2017</td>
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<td>Single-screw extrusion at 180 °C temperature with 210 rpm</td>
<td>Lentil (<em>Lens culinaris</em> L.)</td>
<td>Rathod et al., 2016</td>
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<tr>
<td></td>
<td>Single-screw extrusion with 160–200 rpm heated up to 160–180 °C temperature</td>
<td>Cowpea (<em>Vigna unguiculata</em> L.)</td>
<td>Jakkanwar et al., 2018</td>
</tr>
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Pre-treatment of legumes

Legumes are mainly soaked in water for a few hours before cooking, fermentation or germination methods are used for treatment (Kinyanjui et al., 2015). Soaking is a convenient way to decrease anti-nutrients (Samtiya et al., 2021). Mohamed et al. (2011a) have explored that soaking beans could decrease the amount of trypsin inhibitor activity below the control value. Trypsin inhibitors activity was lower in kidney beans (*Phaseolus vulgaris L.*) around 18%, by soaking (Ramakrishna et al., 2006). Khattab & Arntfield (2009) showed that peas (*Pisum sativum L.*) and kidney beans (*Phaseolus vulgaris L.*) notably decreased their trypsin inhibitor level by up to 10–19% by using a soaking treatment. Their results also represented variations in the level of trypsin inhibitor loss by different tested legumes soaking, and the highest loss of trypsin inhibitor was gained for kidney beans (*Phaseolus vulgaris L.*) (Mohamed et al., 2011a). Soaking can be adopted by bean canners, particularly used by bean breeds that easily gap in the canning treatment. Soaking in low pH and in CaCl₂ solutions promote to enhance the firmness of the cooked beans and thereby prolong the cooking time (Kinyanjui et al., 2015). The mechanism why cooking time in beans is prolonged is very complex. Gained results from Kinyanjui et al., (2015) study indicate that either bean hulls or pectin is the reason for such a long bean cooking time. Briefly, soaking beans for 24 hours gives a loss in total phenolic compounds reaching up to 31–55%. A less effective decrease in total phenolic compounds by soaking is in soybeans (*Glycine max L.*) compared to other tested beans like kidney (*Phaseolus vulgaris L.*) and mung beans (*Vigna radiate L.*) (Mohamed et al., 2011b). Similar results in phenolic compound level changes were gained by Paramjyothi & Anjali (2005) for chickpeas (*Cicer arietinum L.*), Khandelwal et al. (2010) for Indian legumes, and Ramakrishna et al. (2006) for mung beans (*Vigna radiate L.*). Total phenolic compound reduction by soaking could simply be because phenolic compounds leach out in the soaking substance by the concentration gradient (Ramakrishna et al., 2006). Xu & Chang (2008) mentioned that the situation of difference in a decrease in total phenolic compounds during the soaking treatment may be due to a contrast in the distribution and amount of phenolic compounds in the bean hulls, and cotyledon among the examined beans.

Dehulling means the outer covering removal of the legumes. It could be carried out manually by the usage of pestle and mortar. Nowadays, milling equipment is implemented. The application of dehulling reduces the amount of anti-nutritional compounds, such as phytic acid, tannins, and polyphenolic content (Samtiya et al., 2021).

Biotechnological methods

Biotechnological methods such as germination and fermentation are used also for legume treatment. Germination is an effective phase of metabolism wherein anti-nutrients are decreased; it is a biotechnological method where proteases break down cellular proteins, but it has only an average effect with regard to the decrease in the trypsin inhibitor especially. Germination may boost legume nutritional value by modifying the chemical composition and decreasing the anti-nutrient factors (Kumari, Krishnan, & Sachdev, 2015; Samtiya, Aluko, & Dhewa 2020).

Fermentation is also a biotechnological method where complex biomolecules are converted by microorganisms (specially selected yeast or bacteria strains) into simple molecules. Fermentation improves antioxidant properties and nutritional value of legumes. The fermentation effectiveness depends on the legume and the microorganism strain used on the lower level of anti-nutritional factors. Fermentation could eliminate few anti-nutritional factors, like phytic acid, and besides gives a positive result on bioavailability and protein digestion (Samtiya et al., 2021).

Besides, genetic engineering methods are created to remove the genes which are responsible for metabolic pathways for decreasing the output or inactivation of the anti-nutrients (Kumar et al., 2019).

Cooking methods

Different heating methods, such as boiling, sterilization, roasting hot air drying, and microwave cooking were used to reduce anti-nutrients significantly (Samtiya et al., 2021).

The roasting application is more popular in nuts than in beans. Roasting forms desirable

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<th>Method</th>
<th>Legume</th>
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<tr>
<td>Twin-screw extrusion with 200 rpm heated up to 140 °C temperature</td>
<td>Faba bean (<em>Vicia faba L.</em>)</td>
<td>Smith et al., 2011</td>
</tr>
<tr>
<td>Twin-screw extrusion at 130–170 °C temperature with 400–550 rpm.</td>
<td>Mung bean (<em>Vigna radiate L.</em>)</td>
<td>Yagci et al., 2020</td>
</tr>
<tr>
<td>Single-screw extrusion with 100–140 rpm heated up to 160–200 °C temperature</td>
<td>Pigeon pea (<em>Cajanus cajan L.</em>)</td>
<td>Chakraborty et al., 2014</td>
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</table>
sensory properties and significantly improves the colour, flavour, texture, and appearance of nuts. Peanuts (Arachis hypogaea L.) after roasting have the potential to be used as snacks (Bagheri et al., 2019). The usage of the roasting method has more advantages, such as advanced product quality, high roasting capacity, prolonged shelf-life of product, and less environmental pollution. In general, the infrared roasted treatment is a successful alternative treatment for utilizing peanuts (Arachis hypogaea L.) as a snack and can be adapted also to roasting beans (Bagheri et al., 2019). Overall, frying, electric furnace roasting, hot air roasting, and coal-fired furnace roasting are usually applied roasting treatments. All mentioned roasting treatment methods are time-consuming, have reduced production rates, and have high energy costs (Jiao et al., 2014).

Mostly all grain flours sold in food markets are milled with a roller-milling equipment, which could be applied to legumes too. Ultra-centrifugal milling mills produce fine flours with equable particle size dispersion, which is usually used in chemical compound analyses (Jiang et al., 2016). Microwave heating method successfully and quickly inactivates peroxidase and lipoxygenase in faba bean (Vicia faba L), which are related to unpleasant ‘beany flavour’ (Jiang et al., 2016). Microwave heating for 1.5 min at 950 W power is sufficient to inactivate undesirable enzymes associated with ‘beany flavor’ and advance the milling quality of the legumes. Microwave heating has few preferences as it can reach high heating rates and has lower treatment time compared to oven-based heating methods (Chandrasekaran, Ramanathan, & Basak, 2013). Conventional oven heating for 30 min at 170 °C as well inactivates the lipoxygenase and peroxidase enzymes in legumes flour. All heating methods create starch protein aggregates from legumes flour, and they all are insoluble in water (Jiang et al., 2016).

Hydrothermal methods like extrusion using no chemicals are able to enhance the functional properties of legume flours, too (Patil et al., 2018). Extrusion cooking technology is known to decrease the amounts of several anti-nutrients contained in legumes such as trypsin inhibitors, tannins, phytic acid, and lectins. In addition, extrusion cooking is able to increase the digestibility of protein and starch, too (Pasqualone et al., 2020). Extrusion is a short time and high temperature method in which food is cooked in high temperature and automatic under pressure shear combination. This outcome with chemical reactions and molecular modification with the help of which functional properties, phytochemical structure, and nutrients of the food are transformed (Patil et al., 2018). Therefore, the extrusion of legumes is an applicable strategy to add value to underexploited legumes and shorten home preparation time, thus also increase the consumption of these sustainable legumes (Pasqualone et al., 2020).

The hot air-drying treatment for beans can be effective to gelatinize starch on their surface area, and also for moisture migration. The major reasons limiting the evolution of the hot air-drying method are as follow: drying is time-consuming and consumes high energy although this method is easy to operate and has low manufacturing cost, too (Li et al., 2022). However, the microwave radiation in the microwave drying treatment heats the surface and interior areas of the legumes at the same time, and these properties relieve starch gelatinization and free moisture removal by drying. Thus, the microwave drying method has the advantage of high drying productivity and low energy consumption compared with the conventional drying treatment (Haghi & Amanifard, 2008). Li and others (2022) explored that in a relatively short time the dried beans (Vicia faba L.) are fully cooked. Briefly, the optimum treatment properties to the dried beans (Vicia faba L.) are firstly beans should be soaked for 4h and steamed for 15 min, further followed by hot air drying at a microwave with 70 °C hot air.

All these cooking methods also reduce phytate, tannin, trypsin inhibitor and a protease inhibitor, and they eliminate tannins and phytates from legumes (Samtiya et al., 2021). Besides, the physico-chemical properties of starch transform performing treatment via reaction with macronutrients like lipids and proteins, and this gives a significant result on the texture of legume products (Lignicka & Galoburda, 2022).

To achieve greater results and obtain a set of several properties, mainly the sensory quality, and increase anti-nutrient removal, there is a need to apply legume treatment methods by combining them.

Conclusions
This study has shown the good traits of legumes using them as a source of protein. Legumes contain some anti-nutritional factors like tannins, polyphenols, phytate, and trypsin inhibitor; these may inhibit mineral absorption, induce toxicity. Accordingly, to gain beneficial nutrients from legumes, several treatments should be applied, such as soaking, dehulling, roasting, extrusion, boiling, germination, hot air drying, and fermentation which have proven to be effective. These are suitable treatments for eliminating anti-nutritional factors from legumes. Biotechnological methods are used on legumes to obtain legumes with low phytate levels. The most effective results could be gained by combining these treatments and reaching out with pleasant sensory quality and inhibited anti-nutritional factors fully from legume-based products.
Acknowledgements

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