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Effect of acorn harvesting time on the nutritional profile, polyphenols content, antioxidant activity and volatiles of different acorn flours.

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Abstract

Acorn flour resulted to be a promising alternative to the cereal flour for different applications thanks to its nutritional value, lack of gluten proteins and polyphenols content.

The aim of the study was to find possible differences in nutritional value, polyphenols, antioxidant properties and volatile profile of acorn flours obtained by acorns harvested at different times and to promote acorn flour as a rich source of nutrients and bioactive constituents. Indeed, two acorn flours have been studied: one was obtained from acorns harvested at the beginning of November 2023 (Spring 2023) and the other from those harvested in the late November 2023 (Fall 2023).

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