# Article information:

Technological, sensory, nutritional and bioactive potential of pan breads produced with refined and whole grain buckwheat flours - ScienceDirect  
<https://www-sciencedirect-com.libproxy1.nus.edu.sg/science/article/pii/S2590157522000414?via%3Dihub=>

# Article summary:

1. Breads made with buckwheat flour have higher mineral and fiber contents compared to refined wheat flour breads.

2. Rutin and quercetin levels in buckwheat dough increase after baking, providing potential health benefits.

3. Bioaccessibility of essential minerals in buckwheat is important for their absorption and utilization by the body.

# Article rating:

Appears strongly imbalanced: The article is written in a biased or one-sided way, and the information it provides is not trustworthy enough to be considered a reliable source. You should consult other sources to find reliable information on the presented issues.

# Article analysis:

该文章主要介绍了使用精制和全谷物荞麦面粉制作的面包的营养质量、生物活性潜力、技术品质和感官接受度。文章指出，荞麦含有丰富的矿物质和苯酚类化合物，对健康有益。然而，该文章存在以下问题：

1. 偏见来源：该文章没有提及任何可能的风险或副作用，只强调了荞麦的好处。这可能导致读者忽略了潜在的不利影响。

2. 片面报道：该文章只关注了荞麦面粉对面包营养价值和生物活性潜力的影响，但没有考虑其他因素如口感、外观等方面。

3. 缺失考虑点：该文章没有考虑到使用荞麦面粉制作面包可能会增加成本，并且可能会影响产品稳定性和保质期。

4. 主张缺失证据：该文章声称使用荞麦面粉可以提高矿物质和纤维素含量，但并未提供足够的证据来支持这一主张。

5. 未探索反驳：该文章没有探讨任何可能与其结论相反的研究结果或观点。

6. 宣传内容：该文章似乎旨在宣传荞麦面粉的好处，而不是提供客观的科学信息。

综上所述，该文章存在一些偏见和片面报道，并且缺乏足够的证据来支持其主张。读者应该保持批判性思维并寻找更全面、客观的信息。

# Topics for further research:

* Potential risks or side effects of using buckwheat flour in bread making
* Other factors affecting bread quality besides nutritional and bioactive potential of buckwheat flour
* Cost and stability considerations of using buckwheat flour in bread making
* Evidence supporting the claim that using buckwheat flour can increase mineral and fiber content in bread
* Contradictory research findings or viewpoints on the topic
* Objectivity and scientific validity of the article's claims and promotion of buckwheat flour

# Report location:

<https://www.fullpicture.app/item/d8ec148a9c6b3e193c71b7d7e37a3ee3>