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## Nutritional value characterization of leaves and herbal tea from *Moringa oleifera* Lam. tree cultivated in Greece

Stavros Lalas, Vasilios Athanasiadis and Olga Gortzi  
Technological Educational Institute of Thessaly, Greece

**M**oringa (*Moringa oleifera* Lam.) is a highly valued plant that is mostly cultivated in the tropics and subtropics. It is used for food, medication and industrial purposes. This study was directed at determining the nutritional value of the leaves and herbal tea from *M. oleifera* tree cultivated for the first time in Greece (and in Europe, to the best of our knowledge). Considering both protein content and the essential amino acid patterns, the leaves can be considered as a good source of protein and essential amino acids. Also, leaves are rich in biologically active compounds such as carotenoids, vitamin C and vitamin E (especially  $\alpha$ -tocopherol). They were also rich in minerals and  $\omega$ -3 fatty acids. The herbal tea showed a high content in phenols and flavonols and high antioxidant activity.

### Biography

Stavros Lalas has B.Sc in Agricultural Technology and in Food Technology. He completed his PhD in 1998. He is now full Professor at the Department of Food Technology of T.E.I. of Thessaly. He participated in 42 research projects and published 46 articles in scientific journals (with more than 780 citations). He is a member of the editorial board of 7 scientific journals and reviewer in 64 international scientific journals. He is also member of the American Chemical Society..