

Special Issue

Food Legumes: Physicochemical and Nutritional Properties

Message from the Guest Editor

Legumes are an important source of nutrients (proteins, carbohydrates, water soluble vitamins, minerals). They play important role in chronic disease prevention. The beneficial effects of legumes are attributed to the presence of legume seeds starch with a low glycemic index, dietary fiber (soluble and insoluble), several classes of phenolic compounds, and oligosaccharides. Phenolic compounds of legumes possess strong antioxidant and antimicrobial activities.

Oligosaccharides, acting as prebiotics, modify intestinal microbiota. Some of the bioactive compounds present in legumes (e.g., trypsin inhibitors, condensed tannins, lectins, phytates) also exhibit antinutritional effects—decreased protein digestibility and availability of mineral compounds. Technological processes (non-thermal and thermal processing, hydrolysis, fractionation) can modify the functional properties (emulsifying activity and stability, foaming properties, water holding capacity) of legumes and legume products, as well as modify the activity of bioactive compounds present in legume seeds.

Guest Editor

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Message from the Editor-in-Chief

Foods (ISSN 2304-8158) is an open access and peer reviewed scientific journal that publishes original articles, critical reviews, case reports, and short communications on food science. Articles are released monthly online, with unlimited free access. Currently, *Foods* has been indexed by the Science Citation Index Expanded (SCIE - Web of Science), PubMed, and Scopus. Our aim is to encourage scientists, researchers, and other food professionals to publish their experimental and theoretical results as much detail as possible. We therefore invite you to be one of our authors, and in doing so share your important research findings with the global food science community.

Editor-in-Chief

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