# Article information:

Separations | Free Full-Text | Interactions between Hazelnut (Corylus avellana L.) Protein and Phenolics and In Vitro Gastrointestinal Digestibility  
<https://www.mdpi.com/2297-8739/9/12/406>

# Article summary:

1. This study investigated the formation of protein-phenolic complexes from dephenolized hazelnut meal protein isolates and hazelnut skin phenolic extracts, and their effects on the bioaccessibility of both hazelnut proteins and phenolics.

2. The interaction between the hazelnut protein-phenolic extract complex was mainly dependent on hydrogen bonding and van der Waals forces, and the reaction was spontaneous.

3. The formation of the protein-phenolic complex had a beneficial effect on the bioaccessibility of hazelnut skin phenols, predominantly those on the galloylated form of the catechins.

# Article rating:

Appears well balanced: The article presents the information in a reliable and balanced way, without biases and prejudices. The claims made in the article are well supported and, where applicable, all sides of the argument are given opportunity to present their point of view. The article appears trustworthy and reliable.

# Article analysis:

This article is a reliable source of information as it is based on scientific research conducted by experts in food engineering, biotechnology, and food and nutrition science from reputable universities such as Istanbul Technical University, Bartın University, and Chalmers University of Technology. Furthermore, it has been peer-reviewed before being published in an open access journal.

The article does not appear to be biased or one-sided as it presents both sides of the argument equally. It also provides evidence for its claims through fluorescence quenching experiments, Fourier transform infrared (FTIR) spectroscopy results, bioaccessibility analysis results, etc., which makes its claims more credible. Additionally, it does not contain any promotional content or partiality towards any particular point of view.

The article does not appear to have any missing points of consideration or unexplored counterarguments as it covers all aspects related to interactions between hazelnut proteins and phenolics in detail. Moreover, possible risks associated with consuming these complexes are noted in the article which further adds to its trustworthiness and reliability.

# Topics for further research:

* Hazelnut protein-phenolic interactions
* Food engineering and biotechnology
* Fluorescence quenching experiments
* Fourier transform infrared (FTIR) spectroscopy
* Bioaccessibility analysis
* Nutritional benefits of hazelnuts

# Report location:

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