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Title: Cross-linking of wheat gluten proteins during production of hard pretzels

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1 2 3 1 4 5	Cross-linking of wheat gluten proteins
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## Abstract

The impact of the hot alkaline dip, prior to pretzel-baking, on the types and levels of crosslinks between wheat proteins was studied. Protein extractability of pretzel dough in sodium dodecvl sulfate containing buffer decreased during alkaline dipping [45 s, 1.0 % (w/v) NaOH, 90°C], and even more so during baking (3 min at 250 °C) and drying (10 min at 135 °C). As reducing agent increased the extractability partly, both reducible and non-reducible protein cross-links had been formed. The decrease in cystine and Lys levels suggested  $\beta$ -elimination of cystine releasing Cys and dehydroalanine (DHA). Subsequent reaction of DHA with Lys and Cys, forming the potentially cross-linking unusual amino acids lysinoalanine (LAL) and lanthionine (LAN), respectively, was observed both in alkaline dipped dough (7 µmol LAN/g protein) and in end product (9 µmol LAL and 50 µmol LAN/g protein). The baking/drying step increased sample redness and decreased Lys levels more than expected based on LAL formation, suggesting that Maillard-derived cross-links also contribute to the observed extractability loss. Higher dipping temperatures, longer dipping times, and higher NaOH concentrations increased protein extractability losses and redness, as well as LAL and LAN levels in the end product. However, no indications for Maillard-derived cross-links or LAL in pretzel dough immediately after dipping were found, even when severe dipping conditions were used.

#### Keywords

Gluten
Beta-elimination
Dehydroalanine
Lysinoalanine
Lanthionine

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## **1. Introduction**

Hard pretzels are popular savory wheat-based snacks, often with the shape of a knot or a stick. The dough, which typically consists of wheat flour, water, shortening, salt and a leavening agent, is shaped by relatively low pressure extrusion, treated with hot alkaline solution, and baked. Baking is divided into a rapid initial bake at high temperature, followed by a slow drying process at lower temperature (Delcour and Hoseney 2010; Walsh 1993; See tharaman et al. 2004). The unique taste and hard shiny surface of pretzels result from the alkaline dipping prior to baking, typically for 30 to 45 s in a 1.0 % (w/v) NaOH at 80 to 90 °C. This treatment gelatinizes starch granules at the dough surface, dissociates amylose-lipid complexes, decreases levels of reducing sugars, and induces Maillard and caramelization reactions (Yao et al. 2006; Walsh 1993). Although the impact of such alkaline dip on the starch fraction is relatively well understood, the impact on the protein fraction is not clear. While conditions during pretzel production induce protein hydrolysis (Yao et al. 2006), it remains to be elucidated whether and/or to what extent they affect amino acid degradation and protein cross-linking. This study focuses on protein cross-linking which already has been shown to greatly determine the texture and structure of various wheat-based foods (Lindsay and Skerritt 1999; Kuktaite et al. 2004) including bread (Payne et al. 1987) and pasta (Cubadda et al. 2007). Gluten is the complex heterogeneous mixture of wheat storage proteins. It consists of monomeric gliadins and polymeric glutenins. Heat-induced gluten cross-linking is mainly ascribed to formation of cysteine disulfide (SS) cross-links (Schofield et al. 1983), which are favored by high pressure and temperature (Kieffer et al. 2007), and alkaline pH (Visschers and

de Jongh 2005). Indeed, SS cross-linking results from oxidation of reactive sulfhydryl (SH) groups and interchange reactions between SH groups and SS bonds (Lagrain et al. 2008). The reactivity of SH groups, which have a pK<sub>a</sub> of 8.35 when fully exposed to water (Belitz et al. 2009a), is pronounced at alkaline pH, hence our interest in evaluating the impact of dipping

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conditions on formation of SS cross-links in pretzels. Previous research using gluten model systems has suggested that the severe heat/alkali conditions during pretzel dipping may well induce  $\beta$ -elimination of cystine (Rombouts et al. 2010; Lagrain et al. 2010). In such reaction, the hydrogen atom of the chiral carbon of an intra- or intermolecular SS bond is first abstracted, and a persulfide in  $\beta$ -position of the chiral carbon is eliminated, yielding the amino acid dehydroalanine (DHA). Then, elimination of sulfur from the newly formed persulfide leads to Cys containing a free SH group, which can initiate SH oxidation or SH-SS interchange reactions. This way, SS cross-links can be formed, but DHA residues can also react with e.g. Cys or Lys to form the cross-links lanthionine (LAN) or lysinoalanine (LAL), respectively. An important distinction between SS and DHA derived cross-links is that only the first are reducible. Although cross-linking as a result of  $\beta$ -elimination reactions is important for wool (Horn et al. 1941) and other (Linetsky et al. 2004; Zimmermann et al. 1993) proteins, literature about such cross-linking in food products is scarce and mainly limited to LAL formation (Maga 1984; Friedman 1999; Sternberg et al. 1975). Furthermore, pretzel production conditions induce reactions between amino (NH<sub>2</sub>) groups of proteins and reducing sugars, which initiates a number of consecutive reactions classed under the term 'Maillard reaction'. High temperature, low moisture content (mc), and alkaline conditions all promote this reaction, which inter alia involves the  $\varepsilon$ -NH<sub>2</sub> group of Lys and yields cross-links and colored products (Vaclavik and Christian 2008).

The main objective of our work was to investigate the impact of the hot alkaline dip on the formation of cross-links between proteins in hard pretzels. To that end, protein extractability, amino acid levels and cross-links, and pretzel color were monitored during the pretzel-making process. In addition, the effect of possible deviations from a standard pretzel production process on protein cross-linking was studied.

#### 2. Materials and Methods

# **Materials**

All solvents, chemicals and reagents were at least of analytical grade and purchased from Sigma-Aldrich (Steinheim, Germany) or VWR International (Leuven, Belgium), unless specified otherwise.

Commercial wheat flour [9.3 % protein (N x 5.7) on dry matter basis (db), mc 11.2 %] was from Meneba (Hasselt, Belgium), and commercial wheat gluten [74.7 % protein (N x 5.7, db), mc 7.4 %] was from Syral (Aalst, Belgium). Sugar was from Tiense Suikerraffinaderij (Tienen, Belgium), shortening (all vegetable, Crisco) was from J. M. Smucker (Orville, OH, USA), and compressed yeast was from Bruggeman (Ghent, Belgium).

#### **Determination of Protein and Moisture Contents**

Protein contents were determined in triplicate, using an adaptation of the AOAC Official Method 990.03 (AOAC 1995) to an automated Dumas protein analysis system (EAS Variomax N/CN, Elt, Gouda, The Netherlands). A conversion factor of 5.7 was used to calculate protein from nitrogen content. The determination of mc was as described by AACC-I Approved Method 44-19 (AACC 2000).

## **Pretzel Production**

Flour (100.0 g), sugar (2.5 g), shortening (2.5 g), and yeast (0.5 g) were mixed for 3 min using a pin mixer (National Manufacturing, Lincoln, NE, USA). After addition of 50 ml water, the dough was mixed for 1 min, fermented for 20 min (30 °C, 90 % relative humidity), and sheeted (gap width 2.5 mm, National Manufacturing sheeter). Pretzel sticks [length 56.4 ( $\pm$  0.8) mm, height 2.6 ( $\pm$  0.1) mm, width 3.9 ( $\pm$  0.0) mm], were cut out of the dough. After 10 min fermentation, pretzel sticks were dipped for 15, 30, 45, or 60 s in 0.0, 0.5, 1.0, or 1.5 % (w/v)

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NaOH at 50, 65, 80, or 90 °C. The dipped pretzel sticks were baked for 3 min at 250 °C, and dried for 10 min at 135 °C.

In addition, gluten-water dough was prepared by manually mixing 100.0 g commercial gluten with 60 ml water. After a 20 min rest (30 °C, 90 % relative humidity), the gluten dough was rolled into balls (500 mg), which were dipped for 45 s in 1.0 % (w/v) NaOH at 90 °C.

All samples were freeze dried and ground in a laboratory mill (250 µm, IKA, Staufen, Germany) prior to further analysis.

#### **Determination of Protein Extractability**

To determine the protein extractability in SDS containing media and the protein molecular weight distribution, size-exclusion high-performance liquid chromatography (SE-HPLC) was performed as described by Lagrain and co-workers (2005), using an LC-2010 system (Shimadzu, Kvoto, Japan) with automatic injection. Freeze dried samples [1.0 mg protein (db)/ml] were extracted (60 min, 20 °C) with a 50 mM sodium phosphate buffer (pH 6.8) containing 2.0 % (w/v) sodium dodecyl sulfate (SDS) (further referred to as SDS buffer). The extractability of proteins in SDS containing media under reducing conditions was determined under nitrogen atmosphere. In this case, 2.0 M urea and 1.0 % (w/v) dithiothreitol were added to the SDS buffer. All analyses were performed in duplicate. After centrifugation (10 min, 11,000g) and filtration over polyethersulfone (Millex-HP, 0.45 µm, Millipore, Carrigtwohill, Ireland), supernatants were loaded (60 µl) on a Biosep-SEC-S4000 column with separation range from 15,000 to 500,000 (Phenomenex, Torrance, CA, USA). The elution solvent was acetonitrile/water (1/1, v/v) containing 0.05 % (v/v) trifluoroacetic acid. The flow rate was 1.0 ml/min and the column temperature 30 °C. Protein elution was monitored at 214 nm. Extractability in SDS containing media (under non-reducing and reducing conditions) of any given sample was calculated from its peak area and expressed as percentage of total

extractability. The latter was taken as the peak area of the unheated pretzel dough, extracted in SDS buffer under reducing conditions. All analyses were performed in duplicate.

## Amino Acid Analysis and Determination of LAN and LAL

Amino acids were first liberated by heating (24h, 110 °C) freeze dried samples (15.0 mg protein) in 1.0 ml 6.0 M HCl containing 0.1 % phenol and 1.5 mM norleucine (as internal standard) after flushing the samples with nitrogen. Reaction mixtures were diluted (200-fold) in deionized water and filtered (Millex-GP, 0.22 µm, polyethersulfone, Millipore). Amino acids, including LAN and LAL, were then separated by high-performance anion-exchange chromatography with integrated pulsed amperometric detection (HPAEC-IPAD), using a Dionex BioLC system (Dionex, Sunnyvale, CA, USA) as described by Rombouts and coworkers (2009). Separation of 25 µl samples was performed at 30 °C with an AminoPac PA10 guard (50 x 2 mm, Dionex) and analytical (250 x 2 mm, Dionex) column at a flow rate of 0.25 ml/min. Four eluents were used for the gradient mobile phases: water of at least 18.2 M $\Omega$ resistivity (A), and solutions of NaOH (B: 0.250 M), sodium acetate (C: 1.0 M), and acetic acid (D; 0.100 M). Gradient conditions were as in Rombouts and co-workers (2009) and the detection waveform as in Ding and co-workers (2002). LAN and LAL were detected using a gold working electrode and a pH reference electrode. Their levels were calculated using appropriate standards, and expressed on dry matter protein (µmol/g protein). All analyses were performed in triplicate. Relative standard deviations of amino acid levels did not exceed 10 %.

## **Determination of Cys**

Cys residues were first oxidized to Cys sulfonic acid and subsequently hydrolyzed and chromatographically quantified as described above. The oxidizing medium (3.0 ml, cooled to 0°C) contained 3.5 % hydrogen peroxide and 90 % formic acid, and was added to freeze dried

sample (20.0 mg protein). The reaction mixture was stirred (15 min, 0 °C) and then left overnight (16 h, 0 °C). To reduce the excess of performic acid, 0.5 ml 48 % hydrogen bromide was added, and the mixture was stirred for 30 min. The remaining bromine and formic acid were evaporated at 50 °C, and samples were subjected to amino acid analysis.

## **Determination of DHA**

Gluten samples (100 mg) were heated in sealed reaction tubes in 1.5 N HCl (0.50 ml) at 110 °C for 120 min to liberate DHA as pyruvic acid, which was then determined colorimetrically after a clarification step (Rombouts et al. Accepted, 01/04/2011).

# **Color determination**

Average color parameters [L\* (luminosity), a\* (redness), b\* (yellowness)] of ground samples were determined after five-fold measurement with a colorimeter (Colourquest 45/0 LAV, CQ/UNI-1600, HunterLab, Reston, VA,USA). Standard deviations of the average readings of three individual samples did not exceed 0.2.

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#### **3. Results and Discussion**

# Protein extractability loss during conventional pretzel-making

Proteins of unheated pretzel dough, alkaline dipped (45 s, 90 °C, 1.0 % NaOH) pretzel dough, and baked pretzel were extracted in SDS containing buffer, separated based on molecular weight using SE-HPLC, and quantified (Figure 1a). The main proteins in pretzel dough are gluten proteins. Under the used experimental conditions, polymeric glutenin and monomeric gliadin eluted before and after 7.2 min, respectively (Lagrain et al. 2005). The SE-HPLC profiles showed decreasing extractabilities of both fractions during alkaline dipping and baking. The glutenin proteins in baked pretzel were no longer extractable. The observed extractability loss is a result of the formation of either SS or non-SS protein cross links. To distinguish between SS and non-SS cross-links and to evaluate their separate impact on extractability loss, proteins were also extracted under reducing conditions, *i.e.* after cleavage of SS bonds (Figure 1b). In what follows, extractabilities are reported as percentages of the total extractability of proteins in unheated pretzel dough under reducing conditions. In unheated pretzel dough, 79.4 % of the proteins were extractable under non-reducing conditions. The alkaline dip reduced their extractabilities under non-reducing and reducing conditions to 46.6 and 92.5 %, respectively, and baking reduced them further to 9.1 and 24.0 %, respectively. The substantial increase of protein extractability upon reducing SS bonds illustrates the importance of SS crosslinks for gluten network formation. High temperatures and alkaline pH, such as during pretzel production, favor SH-SS interchange reactions, and hence the formation of SS cross-links (Lagrain et al. 2011). That reduction did not completely restore protein extractability of the dipped pretzel and the end product, illustrated that also non-SS cross-links were formed during dipping and baking.

#### Amino acid degradation and cross-linking during conventional pretzel-making

Although various amino acids are susceptible to degradation reactions under alkaline conditions (Whitaker and Feeney 1983), we only observed Lys and Cys losses during pretzelmaking. Dipping (45 s, 90 °C, 1.0 % NaOH) did not affect Lys levels, but the additional baking step decreased them from 176 µmol/g protein in unheated dough to 119 µmol/g protein in the final product. Dipping decreased the Cys level from 144 µmol/g protein in the unheated dough to 134 µmol/g protein and subsequent baking reduced it to 51 µmol/g protein. The cross-links LAL and LAN (see Figure 2) were formed during pretzel-making. No LAL, but 7 µmol LAN/g protein was found in alkaline dipped pretzel dough. The final product contained 9 µmol/g protein LAL and 50 µmol LAN/g protein. Sternberg and co-workers (1975) detected 2 µmol LAL/g protein in pretzels. Unfortunately, they did not report on the applied pretzel-making conditions.

Pretzel-making conditions thus clearly induce  $\beta$ -elimination and subsequent cross-linking reactions. In gluten model systems, each mole of cystine yields one mole of DHA (Lagrain et al. 2010), which can react with Lys or Cys to form LAL or LAN, respectively. Thus,  $\beta$ elimination and the subsequent cross-linking reactions do not alter the sum of the levels of cystine, DHA, LAN and LAL (Lagrain et al. 2010). DHA levels were difficult to determine accurately in pretzel dough, probably due to interference of non-protein components during the colorimetric assay. Dipping gluten-water dough for 45 s at 90 °C in 1.0 % NaOH produced 4.0  $\mu$ mol DHA/g protein, so the cystine loss (10 ± 1  $\mu$ mol/g protein) during dipping corresponded to the formation of DHA (4.0  $\pm$  0.3) and LAN (7  $\pm$  1  $\mu$ mol/g protein). In contrast,  $\beta$ -elimination and the subsequent cross-linking reactions could not explain the great cystine loss during baking. Similarly, unchanged Lys levels after dipping corresponded to the absence of LAL in dipped dough, but the formation of 7  $\mu$ mol LAL/g protein during baking only partly explained the loss of 57 µmol Lys/g protein. During baking, cystine and Lys are probably also involved in

other heat-induced reactions, including the Maillard reaction. The potential consumption of Lys by the Maillard reaction is discussed in the next section.

# Color changes during conventional pretzel-making

The Maillard reaction, which could explain the disproportionate Lys loss during baking, mainly yields orange and red colored products, some of which are cross-links (Biemel et al. 2001; Dai et al. 2007), and is thus correlated with increasing a\* values on the Cielab color scale (Belitz et al. 2009b; Lamberts et al. 2008; Mestdagh et al. 2008). Dipping did not increase the a\* value, probably because high humidity disfavors the Maillard reaction (Anese et al. 1999). In this context, it is of note that dipping did not affect the Lys levels either. Yet, redness increased from -1.0 to 5.8 as a result of baking, so Maillard-derived cross-links may well have been formed in this process step. Figure 2 gives an overview of reactions contributing to protein cross-linking during pretzel-making.

## The impact of pretzel-making conditions on protein cross-linking

Reaction temperature, time, and pH impact cross-linking reactions in gluten (Lagrain et al. 2010; Lagrain et al. 2011). We here investigated the impact of deviations from the standard conditions on protein cross-linking during alkaline dipping. Pretzel dough was dipped for 45 s in 1.0 % NaOH at 50, 65, 80, or 90 °C. Firstly, no extractability loss was observed after dipping at 50 °C (Figure 3). Secondly, dipping at 65 °C decreased the extractability under non-reducing conditions (Figure 3a), but this could be restored by reduction (Figure 3b), suggesting that mainly new SS cross-links were formed during dipping at lower temperature. Thirdly, dipping at 80 or 90 °C decreased the extractability under non-reducing as well as reducing conditions, so higher temperatures induced SS as well as non-SS cross-link formation. The impact of dipping time on protein extractability was investigated by dipping pretzel dough for

15, 30, 45, or 60 s in 1.0 % NaOH at 90 °C. Protein extractability under non-reducing conditions decreased as a function of dipping time (Figure 4a). Under reducing conditions (Figure 4b) no decrease was noted during the first 15 s of the alkaline dip, which suggested that initially mainly new SS cross-links caused the extractability loss. Longer dipping decreased the extractability as a function of dipping time, so after prolonged dipping also non-SS cross-links became detectable. Finally, dipping pretzel dough for 45 s in 0.5, 1.0, or 1.5 % NaOH at 90 °C decreased protein extractability under non-reducing conditions from 79.4 to 45.4 %, and subsequent baking further reduced it to 9.1 % (Figure 5a), irrespective of the applied NaOH concentration.

Under the experimental conditions, extractability loss under non-reducing conditions was apparently not impacted by NaOH concentration, possibly because the dipping solutions with 0.5, 1.0, and 1.5 % (w/v) NaOH only had a slightly different pH, *i.e.* 13.1, 13.4, and 13.6, respectively. However, higher NaOH concentrations increased extractability losses during dipping under reducing conditions (Figure 5b), indicating that they led to more non-SS cross-links. The non-SS cross-links formed during dipping may well be LAN, of which the level in the dipped pretzel dough increased with dipping temperature, time, and NaOH concentration (Figure 6). No indications for non-SS cross-links other than LAN were found in any sample immediately after dipping. Indeed, even dipping for 60 s (90 °C, 1.0 % NaOH), or in 1.5 % NaOH (45 s, 90 °C), did not induce noticeable LAL formation (Figure 7) or increased a\* values (results not shown). In conclusion, the impact of dipping conditions on protein cross-linking during dipping is limited.

Baking reduced the protein extractability under non-reducing conditions further to a minimum of 9.1 %, irrespective of the applied dipping temperature, duration, or concentration (Figures 3a, 4a, 5a). In contrast, the protein extractability loss under reducing conditions was larger

when higher temperatures, longer dipping times, or higher NaOH concentrations were applied, probably due to more non-SS cross-link formation (Figures 3b, 4b, 5b). More severe dipping conditions yielded pretzels with higher redness and higher LAN (Figure 6) and LAL (Figure 7) levels. Indeed, the formation of Maillard reaction products increases redness, and LAN and LAL are potential cross-links. The linear correlations between the extractability loss under reducing conditions and the sum of LAN and LAL levels (r = 0.988) supported the hypothesis that the formed LAN and LAL links are at least partly intermolecular, and hence contribute to the protein network. Maximum LAL levels (14 µmol/g protein) were found in the pretzels dipped for 45 s at 90 °C in 1.5 % NaOH, while LAN formation was maximal (52 µmol/g protein) after dipping for 60 s at 90 °C in 1.0 % NaOH. Another interesting observation was that even dipping at 50 °C (45 s, 1.0 % NaOH), or dipping in 0.5 % NaOH (45 s, 90 °C), or dipping for 15 s (90 °C, 1.0 % NaOH) led to end products with non-reducible cross-links.

The above results demonstrated the key role of non-SS cross-links into the protein network in pretzels which are dipped in a hot alkaline solution prior to baking. To further investigate the impact of pH, we evaluated protein cross-linking during dipping for 45 s in water at 90 °C and subsequent baking and drying. The dip at neutral pH decreased protein extractability under non-reducing conditions from 79.4 to 72.9 %, and subsequent baking further decreased it to 35.1 % (Figure 5a). This extractability loss was caused by formation of SS cross-links, as protein extractability under reducing conditions remained constant during the dip in water and subsequent baking (Figure 5b). No LAN or LAL were found in the products obtained by dipping in water and subsequent baking (Figures 6 and 7). Thus, in comparison to alkaline dipping, dipping in water limited SS cross-linking and even prevented non-SS cross-linking. These results suggest that the protein network in bagels, which are boiled in water prior to

baking, is probably less strong than that in pretzels. The alkaline conditions during dipping make pretzel production unique.

## Abbreviations used

dehydroalanine (DHA)

high-performance anion-exchange chromatography with integrated pulsed amperometric

11 detection (HPAEC-IPAD)

2 lysinoalanine (LAL)

3 lanthionine (LAN)

14 moisture content (mc)

15 sodium dodecyl sulfate (SDS)

size-exclusion high-performance liquid chromatography (SE-HPLC)

sulfhydryl (SH)

disulfide (SS)

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#### **Figure Captions**

Figure 1 SE-HPLC profiles of proteins in unheated pretzel dough, pretzel dough after alkaline dip [90 °C, 45 s, 1.0 % NaOH (w/v)], and baked pretzels. Proteins were extracted in SDS containing buffer under non-reducing (a) and reducing (b) conditions (see text). A.U.: arbitrary units.

Figure 2 Overview of reactions during pretzel-making resulting in protein cross-links.

Figure 3 Protein extractabilities in SDS containing buffer under non-reducing (a) and reducing (b) conditions of unheated pretzel dough, pretzel dough after alkaline dip, and baked pretzels. Pretzel dough was dipped for 45 s in 1.0 % (w/v) NaOH at 50, 65, 80 or 90 °C. Extractabilities of samples indicated with the same letter are not significantly different (P > P) $0.05, \alpha = 0.05$ ).

Figure 4 Protein extractabilities in SDS containing buffer under non-reducing (a) and reducing (b) conditions of unheated pretzel dough, pretzel dough after alkaline dip, and baked pretzels. Pretzel dough was dipped for 15, 30, 45, or 60 s in 1.0 % (w/v) NaOH at 90 °C. Extractabilities of samples indicated with the same letter are not significantly different (P > $0.05, \alpha = 0.05$ ).

Figure 5 Protein extractabilities in SDS containing buffer under non-reducing (a) and reducing (b) conditions of unheated pretzel dough, pretzel dough after (alkaline) dip, and baked pretzels. Pretzel dough was dipped for 45 s in 0.0, 0.5, 1.0, or 1.5 % (w/v) NaOH at 90 °C. Extractabilities of samples indicated with the same letter are not significantly different (P > P) $0.05, \alpha = 0.05$ ).

Figure 6 Impact of temperature and concentration of NaOH concentration, and duration of dipping, on lanthionine (LAN) levels (µmol/g protein) in pretzel dough after (alkaline) dip, and after baking. Pretzel dough was dipped for 45 s in 1.0 % (w/v) NaOH at 90 °C, unless specified otherwise.

Figure 7 Impact of temperature and concentration of NaOH concentration, and duration of dipping, on lysinoalanine (LAL) levels (µmol/g protein) in pretzel dough after (alkaline) dip, and after baking. Pretzel dough was dipped for 45 s in 1.0 % (w/v) NaOH at 90 °C, unless specified otherwise.





















