

Innovative ready-to-eat healthy product: Chicken boost from A to zinc

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As part of a research program, the research team of the Department of Food Science and Nutrition of the University of the Aegean studied the possibility of creating a product with a particularly high nutritional value and at the same time having a very tasty combination of ingredients. After a literature review and pilot productions they came up with the product: “Chicken Boost from A to Zinc”, that is a product with the main ingredient chicken breast fillet and stuffing of dried vegetables (kale, spinach, carrot, sun-dried tomato, red pepper and dill). All raw materials are of Greek origin making the product Greek. It is classified in the category of ready to eat meals. It is characterized by high nutritional value, as it contains significant amounts of many vitamins, minerals and trace elements, which cover a large percentage of the recommended daily intake. It is a product characterized by ease of consumption, as it is ready-baked-frozen and requires only heating by the consumer in an oven or microwave. Also, it will be available in a package of 2 portions (170 g each), fully recyclable. Chicken Boost from a to Zinc is an ideal meal proposal for all ages (over 2 years), especially for those who follow a balanced diet and need high amounts of nutrients but also for those who have a fast pace of life and want a fast but healthy meal.

Biography

Vasileios Pappas is graduated from the department of Food and Nutrition Science of the University of the Aegean, where already had numerous of participants in conferences and research projects of Development and Innovation in the field of food products, attended and successfully completed a Master study program at the University of East London in the field of Business Administration (MBA). At the same time he worked at Pindos APCI (Poultry Industry) as Head of Research and Development Department, which undertook to organize from the beginning. Afterwards he started a PhD in the Food Chemistry Laboratory, in the Chemistry Department, at the University of Ioannina. At the same time he assumed the position of Research and Development Manager at Condito Foods (producing mustard, ketchup, mayonnaise, sauces, salads and traditional spreads) in Thessaloniki Greece.

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