

Amino acid composition of Chilean hazel nuts

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Samples of selected fully ripened Chilean hazel nuts growing wild in the southern part of Chile were collected for analysis. Protein and amino acid contents were determined. The protein concentration after oil extraction was 16.3%. Eighteen amino acids were found. Glutamic acid, followed by aspartic acid and arginine, were present in the greatest concentrations. Lysine was the limiting essential amino acid when compared with the FAO/WHO (1981) reference amino acid pattern, with a chemical score of 82. © 1987.