

AperTO - Archivio Istituzionale Open Access dell'Università di Torino

Brans from hull-less barley, emmer and pigmented wheat varieties: From by-products to bread nutritional improvers using selected lactic acid bacteria and xylanase

This is the author's manuscript

Original Citation:

Availability:

This version is available <http://hdl.handle.net/2318/1720454> since 2019-12-27T13:05:39Z

Published version:

DOI:10.1016/j.ijfoodmicro.2019.108384

Terms of use:

Open Access

Anyone can freely access the full text of works made available as "Open Access". Works made available under a Creative Commons license can be used according to the terms and conditions of said license. Use of all other works requires consent of the right holder (author or publisher) if not exempted from copyright protection by the applicable law.

(Article begins on next page)

1 **Brans from hull-less barley, emmer and pigmented wheat varieties: from by-products to bread**
2 **nutritional improvers using selected lactic acid bacteria and xylanase**

3

4 Erica Pontonio¹, Cinzia Dingo¹, Raffaella Di Cagno^{2*}, Massimo Blandino³, Marco Gobbetti², Carlo
5 Giuseppe Rizzello¹

6

7 ¹*Department of Soil, Plant and Food Science, University of Bari Aldo Moro, 70126 Bari, Italy*

8 ²*Faculty of Science and Technology, Free University of Bozen-Bolzano, 39100 Bolzano, Italy*

9 ³*Department of Agriculture Selvi. Ter., University of Turin, 10095 Grugliasco, Italy*

10

11 ***Corresponding author** Email address: raffaella.dicagno@unibz.it

12

13 **Abstract**

14 Aiming at meeting the recommendations of the World Health Organization regarding the total fiber
15 daily intake, an integrate biotechnological approach, combining xylanase treatment and lactic acid
16 bacteria fermentation of milling by-products from pigmented wheat varieties, hull-less barley and
17 emmer was proposed as suitable strategy to include bran in breadmaking. The effects on the
18 biochemical and nutritional features were investigated. Enhanced radical scavenging activity,
19 increased concentrations of free amino acids and peptides and optimal *in vitro* protein digestibility
20 value as well as relevant phytic acid degradation were achieved during bran fermentation. The main
21 nutritional features of each matrix were enhanced and distinguished. Fortified breads contained
22 higher total dietary fibers and protein contents as compared to a wheat bread and showed improved
23 nutritional and sensory profiles according to the fermented bran used.

24 .

25 **Keywords:** milling by-products, lactic acid bacteria, sourdough fermentation, nutritional profile,
26 high fiber content

27

28 **Abbreviations**

29 B1, bran obtained from red-grained wheat variety (cv Aubusson); B2, bran obtained from blue-
30 grained wheat variety (cv Skorpion); B3, bran obtained from yellow-grained wheat variety (cv Bona
31 Vita); B4, bran obtained from spring hull-less barley (var. Rondo); B5, bran obtained from emmer
32 (var. Giovanni Paolo); FB1, fermented bran obtained from red-grained wheat variety (cv Aubusson);
33 FB2, fermented bran obtained from blue-grained wheat variety (cv Skorpion); FB3, fermented bran
34 obtained from yellow-grained wheat variety (cv Bona Vita); FB4, fermented bran obtained from
35 spring hull-less barley (var. Rondo); FB5, fermented bran obtained from emmer (var. Giovanni
36 Paolo); FB1-B, bread containing 30% (wt/wt) of FB1; FB2-B, bread containing 30% (wt/wt) of FB2;
37 FB3-B, bread containing 30% (wt/wt) of FB3; FB4-B, bread containing 30% (wt/wt) of FB4; FB5-
38 B, bread containing 30% (wt/wt) of FB5; WB, wheat flour bread; WSE, Water/salt-soluble extract;
39 ME, methanol extract; TFAA, Total Free Amino Acids; DPPH, 2,2-diphenyl-1-picrylhydrazyl; TTA,
40 Total titratable acidity; MCPA (2-methyl-4-chlorophenoxyacetic acid); QF; quotient of fermentation;
41 OPA, o-phthalaldehyde; BHT, butylated hydroxytoluene; IVPD, *in vitro* protein digestibility; HI,
42 hydrolysis index; *pGI*, predicted glycemic index; DF, dietary fibers.

43 **1. Introduction**

44 Epidemiological and clinical studies show as the consumption of dietary fibers (DF) is crucial for
45 decreasing the risks of obesity, type 2 diabetes, cancer, and cardiovascular diseases (CVD)
46 (Kuznesof et al., 2012; Lattimer and Haub, 2010). The World Health Organization recommends a
47 total fiber daily intake, which varies from 20 to 45 g depending on countries dietary habit (Stephen
48 et al., 2017). The regular consumption of DF particularly that from cereal sources, may improve
49 the health status through multiple mechanisms: reduction in lipid levels, weight regulation,
50 improved glucose metabolism, blood pressure control, and reduction in chronic inflammation
51 (Satiya and Hu, 2012). Nevertheless, the average daily intake of fiber in many populations is still
52 lower than that recommended (King et al., 2012; Stephen et al., 2017). Recent studies described
53 the perception of high-fiber foods as unpalatable and relatively higher expensive as compared to
54 their refined counterparts (Baixauli et al., 2008). However, consumers are aware of the beneficial
55 influence that DF and whole meal products have on their health status (Mialon et al., 2002). Bran
56 and germ fractions are the main sources of fibers in whole grains (Katina et al., 2007, Messia et
57 al., 2016). Besides fibers such as cellulose, hemicellulose and lignin (Šramková et al., 2009), bran
58 also contains proteins and bioactive compounds (e.g., phenols, anthocyanins and carotenoids),
59 which related to the antioxidant activity (Adom and Liu, 2002). Although the concentration of
60 such phytochemicals is limited in conventional and widely diffused wheat varieties (Carson and
61 Edwards, 2009), it increases in the so-called pigmented wheat varieties. According to the most
62 recent consumer expectations and to the food industry trend of introducing non-wheat cereals to
63 get bakery products with multiple functional benefits, the use of barley, einkorn, emmer, spelt and
64 pigmented wheat cultivars is increasing globally (Bartłomiej et al., 2012; Pasqualone et al., 2015;
65 Zanoletti et al., 2017).

66 Barley has a high natural content of β -glucan, a polysaccharide comprising glucose residues made
67 of 1,3-beta-d-lucopyranose (30% of linkages) and 1,4-beta-d-glucopyranose (70% of linkages).
68 Moreover, barley is an important source of bioactive compounds with antioxidant activity (Liu

69 and Yao, 2007). Among barley cultivars, hull-less barley (HLB) has recently received considerable
70 attention for the manufacture of functional foods as an excellent source of both soluble and
71 insoluble DF (Blandino et al., 2015). Hulled wheat-related species (i.e., einkorn, emmer and spelt)
72 are among the most ancient cereal crops of the Mediterranean area (Piergiovanni et al., 1996).
73 These cereals were popular for centuries, being progressively replaced by the modern wheat
74 cultivars. In the late 90's they regained popularity due to the high commercial potential. In
75 particular, the appreciation of emmer is for the elevated content of DF, resistant starch and
76 antioxidant compounds (Galterio et al., 2003). The sourdough fermentation seems the most suitable
77 option to manage with the techno-functionality of fiber-rich cereal ingredients (Gobbetti et al., 2014).
78 Inspired by the sourdough biotechnology, selected lactic acid bacteria starters were successfully used
79 to ferment wheat and rye bran (Coda et al., 2015; Katina et al., 2007) and germ (Rizzello et al., 2010a)
80 aiming at improving the technological, nutritional, and sensory properties, and at degrading the anti-
81 nutritional factors such as phytic acid (Gobbetti et al., 2014). Moreover, the combination of lactic
82 acid bacteria and cell-wall-degrading enzymes were successfully used to improve nutritional profile
83 and technological properties of wheat bran (Arte et al., 2015).
84 Based on the above knowledge, xylanase treatment and fermentation with selected sourdough lactic
85 acid bacteria were used to produce an ingredient for breadmaking from pigmented wheat, hull-less
86 barley and emmer brans. The main functional, nutritional, technological and sensory properties of the
87 fortified wheat bread were highlighted.

88

89 **2. Materials and methods**

90 **2.1 Grain cultivation**

91 Spring hull-less barley (*Hordeum vulgare* L. var. Rondo), emmer (*Triticum turgidum* subsp.
92 *dicoccum* var. Giovanni Paolo), blue- and yellow-grained wheat (*T. aestivum* L.) varieties (cv
93 Skorpion and cv Bona Vita, respectively) and one conventional red-grained wheat variety (cv
94 Aubusson) were used.

95 Cereals were grown side by side on the same experimental field located in Carmagnola Italy
96 (Piedmont; 44° 50' N, 7° 40' E; altitude 245 m) during the growing season 2016/2017. The plot size
97 for each cultivar was 5 X 100 m (500 m²). The soil of the experimental site had loam texture. Sowing
98 was carried out in 12 cm wide rows at a seeding rate of 450 seeds/m². Before planting, fertilization
99 plan included 60 kg/ha of P₂O₅ and K₂O. A total of 130 kg N/ha was also used as fertilizer for wheat
100 and emmer according to the following design: 50 kg N/ha at wheat tillering; and 80 kg N/ha at stem
101 elongation. Moreover, 80 kg N/ha were used as ammonium nitrate to hull-less barley at stem
102 elongation. Fluroxypyr and MCPA (2-methyl-4-chlorophenoxyacetic acid) were used for weeding
103 control at the beginning of stem elongation. No fungicide was applied to control foliar and head
104 disease in any of the cultivar. The mechanical harvesting of all cultivars was carried out on 14 July
105 2017, by means of a Walter Wintersteiger cereal plot combine-harvester. Red-, yellow- and blue-
106 grained wheat, emmer and barley were provided by Limagrain Italia SpA (Italy), Osivo a. s.
107 (Slovakia), the Agricultural Research Institute Kromeriz, Ltd. (the Czech Republic), Apsovsementi
108 s.p.a (Italy) and Società Italiana Sementi s.p.a (Italy), respectively.

109 Five kg grain sample for each cereal cultivar were roller-milled to obtain their bran fraction. Five kg
110 grain sample for each cereal cultivar were roller-milled to obtain their bran fraction. After tempering,
111 performed according to the moisture content and hardness of each grain variety, roller-milling was
112 carried out using a laboratory-scale mill (Labormill 4RB, Bona, Italy). The mill was cleaned
113 thoroughly by aspiration to avoid equipment contamination and washed with alcohol to minimize
114 microbial contamination.

115

116 **2.2 Gross chemical composition of brans**

117 Moisture was determined using a Sartorius MA30 thermo-balance (Sartorius AG, Goettingen,
118 Germany). The total protein (conversion factor: 5.70) and fat contents were determined according to
119 the Kjeldahl (Kjeltec system I, Foss Tecator AB, Höganäs, Sweden) and Soxhlet (AOAC 2003-05,
120 2006) methods, respectively. After enzymatic treatment with amyloglucosidase, carbohydrates were

121 quantified through the Glucose GOD-PAP kit (Roche Diagnostics GmbH, Nonnenwald, Germany)
122 following the manufacturer's instructions. Insoluble and soluble DF contents were determined
123 through gravimetric determination after enzymatic digestion according to the AOAC 991.42 and
124 993.19 procedures, respectively. Ash content was determined in a muffle furnace according to the
125 AOAC 923.03 procedure.

126

127 **2.3 Microorganisms and growth conditions**

128 Ten strains of lactic acid bacteria, belonging to the species *Lactobacillus plantarum* (T6B10, STF28
129 and Lin 22), *Lactobacillus rossiae* (T0A16), *Weissella confusa* (BAN8 and KAS3) and *Pediococcus*
130 *pentosaceus* (BAR 4, BAN1, BAN2 and NEJ1) were preliminary selected among 70 strains according
131 to their pro-technological and functional properties (Supplementary Table S1 and Supplementary
132 Figure S1) and used in this study. Proteolysis by means of total free amino acids (TFFA), and phytase
133 and radical scavenging (in the methanolic extract) activities were the functional features considered.
134 The kinetics of growth and acidification were considered as the pro-technological traits
135 (Supplementary Figure S1). All the strains belong to the Culture Collection of the Department of Soil,
136 Plant and Food Science (University of Bari Aldo Moro, Italy). Strains were routinely cultivated on
137 modified De Man, Rogosa and Sharpe (mMRS) (Oxoid, Basingstoke, Hampshire, UK) agar medium
138 (maltose and fresh yeast extract were added at 1% and 5%, respectively, and the final pH was 5.6)
139 until the late exponential phase of growth was reached (*ca.* 8 h) (Nionelli et al., 2014; Pontonio et al.,
140 2015; Rizzello et al., 2016).

141

142 **2.4 Bran fermentation**

143 Aiming at evaluating the performances in bran matrix, the ten lactic acid bacteria were singly
144 inoculated in 50 g of wheat bran doughs. Dough yield (DY, dough weight \times 100/flour weight) was
145 300. In detail, 16.66 g of wheat bran (cv. Aubusson) and 33.33 g of tap water containing the cell
146 suspension (final cell density in the dough of *ca.* 7.0 Log cfu/g) were incubated at 30°C for 24 h. Cell

147 suspensions were prepared as described by Rizzello et al. (2010a). Non-inoculated bran doughs prior
148 (CT₀) and after (CT₂₄) incubation were used as the controls. Based on these results, the two best
149 performing strains (*L. plantarum* T6B10 and *W. confusa* BAN8) were selected and used as a mixed
150 starter for sourdough fermentation of brans from wheat (Aubusson, FB1, Skorpion, FB2; Bonavita,
151 FB3), barley (var. Rondo, FB4) and emmer (var. Giovanni Paolo, FB5). A xylanase, (Depol 761,
152 Biocatalysts Limited, Chicago, USA) at 1% (wt/wt) based on weight of bran, was used to increase
153 the release of soluble fiber (Arte et al., 2015). Fermentations were carried out in triplicate. Bran
154 doughs prior fermentation (B1, B2, B3, B4 and B5) were used as the controls.

155

156 **2.5 Microbiological, biochemical and nutritional characterization of bran doughs**

157 For microbiological analysis, ten grams of bran doughs were suspended in 90 ml of sterile sodium
158 chloride (0.9%, wt/vol) solution and homogenized in a Bag Mixer 400P (Interscience, St Nom,
159 France) at room temperature. Presumptive lactic acid bacteria were determined on mMRS (Oxoid)
160 supplemented with cycloheximide (0.1 g/l), at 30°C for 48 h under anaerobiosis. Total *Enterobacteria*
161 were determined on Violet Red Bile Glucose Agar (VRBGA, Oxoid) at 37°C for 24 h and total
162 mesophilic bacteria were determined on Plate Count Agar (PCA, Oxoid) at 30°C for 48 h. Molds
163 were enumerated on Potato Dextrose Agar (PDA, Oxoid) at 32-35°C for 48 h. Cell density of yeasts
164 was estimated on Sabouraud Dextrose Agar (SDA, Oxoid), supplemented with chloramphenicol (0.1
165 g/l) at 30°C for 48 h.

166 The values of pH were determined by a pH-meter (Model 507, Crison, Milan, Italy) with a food
167 penetration probe. Total titratable acidity (TTA) was determined on 10 g of dough homogenized with
168 90 ml of distilled water and expressed as the amount (ml) of 0.1 M NaOH to reach pH of 8.3.

169 Water/salt-soluble extracts (WSE) from doughs were prepared according to the method originally
170 described by Osborne (1907) and modified by Weiss et al. (1993). Briefly, 9 g of samples were
171 suspended in 12 ml of 50 mM Tris-HCl (pH 8.8), incubated at 4°C for 1 h under stirring conditions

172 (*ca.* 150 rpm), and centrifuged at 12000 \times g for 20 min. The supernatant was used for the
173 determination of organic acids, TFAA and peptides.

174 Organic acids were determined by High Performance Liquid Chromatography (HPLC), using an
175 ÄKTA Purifier system (GE Healthcare, Buckinghamshire, UK) equipped with an Aminex HPX-87H
176 column (ion exclusion, Biorad, Richmond, CA), and an UV detector operating at 210 nm. Elution
177 was at 60°C, with a flow rate of 0.6 ml/min, using H₂SO₄ 10 mM as mobile phase (Rizzello et al.,
178 2010a). The quotient of fermentation (QF) was determined as the molar ratio between lactic and
179 acetic acids. TFAA were analyzed by a Biochrom 30 series Amino Acid Analyzer (Biochrom Ltd.,
180 Cambridge Science Park, England) with a Na-cation-exchange column (20 by 0.46 cm internal
181 diameter), as described by Rizzello et al. (2010a). For the peptides analysis, WSE were treated with
182 trifluoroacetic acid (0.05% wt/vol) and subject to dialysis (cut-off 500 Da) to remove proteins and
183 FAA, respectively. Then peptides concentration was determined by the *o*-phthalaldehyde (OPA)
184 method as described by Church et al. (1983).

185 Phytic acid concentration were measured using K-PHYT 05/07 kit assay (Megazyme Intl., Ireland),
186 following the manufacturer's instructions. Total phenols were determined on the methanolic extract
187 (ME) of bran doughs. Five grams of each sample were mixed with 50 ml of 80% methanol to get ME.
188 The mixture was purged with nitrogen stream for 30 min, under stirring condition, and centrifuged at
189 4600 \times g for 20 min. MEs were transferred into test tubes, purged with nitrogen stream and stored at
190 *ca.* 4°C before analysis. The concentration was determined as described by Slinkard and Singleton
191 (1997) and expressed as gallic acid equivalent. The radical DPPH (2,2-diphenyl-1-picrylhydrazyl)
192 was used for determining the free radical scavenging activity (Rizzello et al., 2010a) in both the WSE
193 and ME. The synthetic antioxidant butylated hydroxytoluene (BHT) was included in the analysis as
194 the reference (75 ppm). The *in vitro* protein digestibility (IVPD) was determined by the method
195 proposed by Akeson and Stahmann (1964) with some modifications (Rizzello et al., 2014). Samples
196 were subjected to a sequential enzyme treatment mimicking the *in vivo* digestion in the gastro
197 intestinal tract and IVPD was expressed as the percentage of the total protein which was solubilized

198 after enzyme hydrolysis. The concentration of protein of digested and non-digested fractions was
199 determined by the Bradford method (Bradford, 1976).

200

201 **2.6 Breadmaking**

202 Breads (DY of 180) containing fermented bran from wheat cultivars (Aubusson, FB1-B, Skorpion,
203 FB2-B; Bona Vita, FB3-B), barley (FB4-B) and emmer (FB5-B) were manufactured at the pilot
204 plant of the Department of Soil, Plant and Food Science (University of Bari, Italy). Breads were
205 produced according to the two-stage protocol commonly used for typical Italian sourdough
206 breadmaking. The protocol was adapted to bran, including fermentation for 24 h at 30°C (step I),
207 and subsequent mixing with wheat flour, water, and baker's yeast (2 h at 30°C, step II). The bread
208 formula was as follows: 97.2 g of white flour, 77.8 g of water, 75 g of fermented brans (30%,
209 wt/wt) and salt (1%, wt/wt). A baker's yeast wheat bread (WB) was manufactured without the
210 addition of bran (DY, 180) and used as the control. Baker's yeast was added at the percentage of
211 2% (wt/wt), corresponding to a final cell density of *ca.* 9 Log cfu/g in all breads. Doughs were
212 mixed at 60 × g for 5 min with an IM 5-8 high-speed mixer (Mecnosud, Flumeri, Italy) and
213 fermentation was at 30°C for 2h. All breads were baked at 220°C for 50 min (Combo 3, Zucchelli,
214 Verona, Italy). Wheat flour use for breadmaking had the following chemical composition:
215 moisture, 14.2%; protein, 11.4% of dry matter (d.m.); fat, 1.1% of d.m.; carbohydrates, 86.8% of
216 d.m. of which fiber (3.1% of d.m.) and ash, 0.6% of d.m. The Alveograph properties were W value
217 between 200 and 250 and a P/L in the range of 0.6 – 0.7.

218 The Texture Profile Analysis (TPA) of bread was carried out with a Universal Testing machine
219 (model 3344, Instron, Norwood, MA, USA), equipped with 3.6 cm diameter cylindrical probe,
220 1000 N load cell. The chromaticity co-ordinates of the bread crust L, a, and b (determined by a
221 Minolta CR-10 camera) were also reported in the form of a color difference, dE*_{ab}, as follows:

$$222 \quad dE^*_{ab} = \sqrt{(dL)^2 + (da)^2 + (db)^2}$$

223 where dL, da, and db are the differences for L, a, and b values between sample and reference (a
224 white ceramic plate having L = 67.04, a = 2.44, and b = 18.28).

225 The values of pH and TTA, concentration of organic acids, TFAA, total phenols and phytic acid, and
226 radical scavenging activity were determined as reported above. Water activity (a_w) was determined
227 at 25°C by the Aqualab Dew Point 4TE water activity meter (Decagon Devices Inc., USA).
228 Breadmaking was carried out in triplicate and each bread was analyzed twice.

229

230 **2.7 Nutritional characterization of breads**

231 The starch hydrolysis was analyzed using a procedure that mimicked the *in vivo* digestion (De Angelis
232 et al., 2009). Aliquots of breads, containing 1 g of starch, were undergo to enzymatic process and the
233 released glucose content was measured with D-Fructose/D-Glucose Assay Kit (Megazyme). The
234 degree of starch digestion was expressed as the percentage of potentially available starch hydrolyzed
235 after 180 min. Wheat flour bread (WB) leavened with baker's yeast was used as the control to estimate
236 the hydrolysis index (HI = 100). The predicted glycemic index (*pGI*) was calculated using the
237 equation: $GI = 0.549 \times HI + 39.71$ (Capriles and Areas, 2013). IVPD of breads was determined as
238 reported above.

239

240 **2.8 Sensory analysis**

241 Sensory analysis of breads was carried out by ten panellists (five male and five females, mean age:
242 35 years, range: 18-54 years). After a roundtable discussion about the attributes, 7 were selected as
243 the most frequently recognized by all the members of the panel. These were included in a score sheet
244 for the quantitative evaluation with a scale from 0 to 10, with 10 the highest score. Salty taste,
245 previously described as another wheat sourdough bread attribute, was also included (Rizzello, et al.,
246 2010b).

247

248 **2.9 Statistical analysis**

249 Fermentations were carried out in triplicate and each analysis was repeated twice. Data were
250 subjected to one-way ANOVA; pair-comparison of treatment means was achieved by Tukey's
251 procedure at $P < 0.05$, using the statistical software, Statistica 12.5 (TIBCO Software Inc., Palo Alto,
252 USA) for Windows. Principal Components analysis was performed through XLstat 2014 (Addinsoft,
253 New York, USA).

254

255 **3. Results**

256 **3.1 Gross chemical composition, biochemical and microbiological characterization of brans**

257 The gross chemical composition of brans used in this study are reported in Table 1. No significant
258 ($p > 0.05$) differences were found in term of carbohydrates. The content of the DF strictly depended
259 on the bran. The values ranged from $10.0 \pm 0.3\%$ (B5) to $26.3 \pm 0.4\%$ (B2) (Table 1). The protein,
260 fat and ash contents also significantly ($p < 0.05$) differed. Bran of wheat cultivars (B1, B2 and B3)
261 contained the lowest and highest concentrations of protein ($15.9 \pm 0.5\% - 17.7 \pm 0.4\%$) and fat and
262 ash ($4.1 \pm 0.4\% - 4.5 \pm 0.6\%$ and $3.2 \pm 0.5\% - 3.5 \pm 0.3\%$), respectively (Table1). Contrarily, the
263 highest concentration of protein ($18.8 \pm 0.5\% - 18.9 \pm 0.4\%$) and the lowest of fat ($3.3 \pm 0.3\% - 3.9$
264 $\pm 0.3\%$) and ash ($2.3 \pm 0.3\% - 2.6 \pm 0.5\%$) characterized bran of barley (B4) and emmer (B5) varieties.
265 Table 2 summarizes the microbiological and biochemical characterization of bran doughs prior the
266 fermentation. Total mesophilic bacteria and presumptive lactic acid bacteria ranged from 5.7 ± 0.2 to
267 5.8 ± 0.3 Log cfu/g and from 3.5 ± 0.1 to 5.8 ± 0.3 Log cfu/g, respectively. Molds and yeasts were
268 from 1.2 ± 0.3 to 3.7 ± 0.2 Log cfu/g and from 2.3 ± 0.2 to 3.4 ± 0.3 Log cfu/g, respectively. Cell
269 density of *Enterobacteria* was in the range $3.7 \pm 0.3 - 4.8 \pm 0.2$ Log cfu/g (Table 2).

270 Values of pH and TTA were $5.70 \pm 0.01 - 6.60 \pm 0.02$ and $1.4 \pm 0.1 - 13.8 \pm 0.3$ (ml NaOH 0.1 M),
271 respectively (Table 2). The concentrations of TFFA and phytic acid varied from 675 ± 15 (B1) – 1653
272 ± 31 (B2) mg/kg to 330 ± 15 (B5) - 900 ± 21 mg/100g (B3). The concentration of total phenols and
273 the radical scavenging activity varied from 1.22 ± 0.02 to 1.93 ± 0.04 mmol/kg to 34.4 ± 0.6 to 59.3

274 $\pm 0.8\%$ (Table 2). WSE had concentrations of peptides ranging between 13.0 ± 0.6 (B4) and $19.4 \pm$
275 0.4 (B2) mg/g (Table 2). No radical scavenging activity was detected in any of bran doughs.

276

277 **3.2 Selection of mixed starter for lactic acid fermentation**

278 Preliminarily, the ten lactic acid bacteria strains were singly used to ferment (30°C for 24 h) wheat
279 bran (cv. Aubusson), which was chosen as the common matrix for the screening (Table 3). After 24
280 h of fermentation, all lactic acid bacteria increased of *ca.* 2.5 Log cfu/g. *L. plantarum* T6B10 and *W.*
281 *confusa* BAN8 reached the highest values (Table 3). A cell density of 6.8 ± 0.2 Log cfu/g was found
282 in CT₂₄. No *Enterobacteriaceae* were detectable in 10 g of sample. Because of the lactic acid
283 fermentation, the values of pH were lower than 4, being the lowest when doughs were fermented with
284 *L. plantarum* T6B10 and *W. confusa* BAN8. TTA increased to values higher than 10 ml NaOH 0.1M
285 only in fermented samples (Table 3). The concentration of lactic acid was higher than 41.5 ± 0.4
286 mmol/kg and reached the highest value when *L. plantarum* T6B10 was used. Similarly, the highest
287 concentration of acetic acid was found in the dough fermented with *W. confusa* BAN8 (Table 3).
288 However, acetic acid was found only in doughs fermented with obligately heterofermentative strains
289 (*W. confusa* and *L. rossiae*). The concentration of lactic acid of started doughs was *ca.* 20% higher
290 than that found in CT₂₄. The QF of fermented doughs was *ca.* 7 (Table 3). Compared to CT₂₄, the
291 concentration of TFAA was *ca.* 4 times higher. A similar trend was observed for the concentration of
292 total phenols and radical scavenging activity, which were up to 77% higher than those found in CT₂₄.
293 On the contrary, decreases of 12 - 25% were found for phytic acid concentration as compared to CT₂₄
294 (Table 3). Values of TFAA concentration and radical scavenging activity of doughs fermented with
295 *L. plantarum* T6B10 and *W. confusa* BAN8 were significantly ($p < 0.05$) higher than the median
296 values. Similarly, when *W. confusa* BAN8 was used as starter, the lowest value of phytic acid
297 concentration was achieved. Based on the above results, *L. plantarum* T6B10 and *W. confusa* BAN8
298 were chosen to be used as mixed starter to ferment wheat, barley and emmer brans.

299

300 **3.3 Bran fermentation with selected mixed starter**

301 Table 4 shows the biochemical and nutritional properties of the brans fermented with the mixed
302 starter. After 24 h of fermentation, the cell number of lactic acid bacteria increased by *ca.* 2 Log cfu/g,
303 regardless the type of bran. The values of pH decreased during the fermentation, being in the range
304 of 3.9 – 4.1, without significant ($p>0.05$) differences among doughs. On the contrary, TTA significant
305 ($p<0.05$) differed, with the highest and lowest values for FB1 (cv. Aubusson) and FB5 (var. Rondo),
306 respectively. Overall, the use of the mixed starter led to an increase of *ca.* 4 - 30% of the lactic acid
307 concentration in fermented brans, as compared to single strains. While, higher concentrations of
308 acetic acids were found in brans fermented with mixed starter as compared to the single strains (Table
309 3 and Table 4). Compared to bran doughs prior the fermentation (Table 2), the concentration of TFAA
310 increased up to three times. FB1 and FB4 showed the highest and lowest increases, respectively
311 (Tables 2 and 4). The fermentation also promoted an overall increase of the peptide concentration up
312 to 40%.

313 The fermentation with the mixed starter led also to an improvement of the nutritional features (Table
314 4). As compared to the un-fermented doughs (Table 2), fermented brans had lower concentrations of
315 phytic acid (Table 4). The lowest decrease was found when the B5 was fermented, indeed the
316 concentration of phytic acid was 24% lower in FB5 as compared to B5. The highest decrease (60%)
317 was found when B3 was fermented, although FB3 still contained the highest concentration (370 ± 21
318 mg/100g). According to the type of bran, the concentrations of phenols increased from 10 to 60%
319 during fermentation. The radical scavenging activity of the ME increased from 10% (FB5) to 70%
320 (FB1), reaching the highest values in FB2, FB3 and FB4, which agreed with the total phenol
321 concentrations. A similar trend was found for the radical scavenging activity of the WSE, which
322 reached values ranging from $30.7 \pm 0.4\%$ (FB1) to $44.7 \pm 0.3\%$ (FB5) (Table 4).

323 The IVPD values of fermented bran doughs ranged between $80.1 \pm 0.4\%$ and $87.1 \pm 0.5\%$, being the
324 highest and lowest for FB2 and FB5, respectively.

325

326 **3.4 Characterization of the breads fortified with fermented bran**

327 The physical-chemical, biochemical and nutritional characteristics of the breads are summarized in
328 Table 5. The inclusion of FB in the bread formula caused a marked water retention during baking,
329 which was confirmed by the higher values of moisture and a_w of the fortified breads with respect to
330 WB. Before baking, the pH of the dough fermented with baker's yeast alone was significantly
331 ($p < 0.05$) higher than those of the doughs containing 30% (wt/wt) of FB, regardless the type of bran.
332 According to the type of FB used, the values of TTA were significantly ($p < 0.05$) higher (up to three
333 times) than that of WB. The use of FB in the bread formula, led to higher concentrations of lactic and
334 acetic acids with respect to WB. Values of $25.31 \pm 0.6 - 45.77 \pm 0.6$ mmol/kg and $4.86 \pm 0.5 - 6.69$
335 ± 0.5 mmol/kg were found for lactic and acetic acids, respectively (Table 5). Compared to WB, the
336 fortified breads had also higher concentrations of TFAA (up to 4 times) and total phenols (up to 40%).
337 The comparison also showed higher values of radical scavenging activities for both WSE (up to *ca.*
338 28%) and ME (up to *ca.* 70%). Fortified breads had lower contents of phytic acid (up to 10 times) as
339 compared to WB.

340 Compared to WB, the use of FB as an ingredient caused significant ($p < 0.05$) increases of DF (up to
341 6 times) and proteins (up 2 times) (Table 5). Compared to WB, a significant decrease (*ca.* 20%) of
342 the HI was observed. The lowest decrease was found for FB3-B (*ca.* 80%), corresponding to a *pGI*
343 of 65.1 ± 0.2 . Significant ($p < 0.05$) increases of IVPD were observed, which varied depending on the
344 type of bran (Table 5).

345

346 **3.5 Textural properties and sensory profile of the bread fortified with fermented bran**

347 Compared to WB, the specific volumes of breads fortified with FB3, FB4 and FB5 increased (Table
348 6). On the contrary, decreases of resilience and cohesiveness (up to *ca.* 30%) and increases of
349 hardness (up to *ca.* 2 times), gumminess (up to *ca.* 4 times) and chewiness (up to *ca.* 4 times) were
350 found when FB were added to the bread formula. The magnitude of changes strictly depended on the
351 bran used (Table 6). Among breads fortified with fermented brans, FB5-B had the highest values of

352 all textural properties (Table 6). However, the highest hardness value was found in FB3-B. Contrarily,
353 lowest values of gumminess and chewiness were found when FB1 was used in breadmaking. FB4-B
354 had the lowest value of hardness. No significant ($p>0.05$) differences were found in term of resilience.
355 The addition of FB in bread formula, significantly ($p<0.05$) influenced the color of the crust, leading
356 to a decrease of lightness (L) and to an increase of the a values (Table 6). The b value did not
357 significantly ($p>0.05$) differ among breads. However, dE (calculated based on the chromaticity co-
358 ordinates) significantly differ from WB when FB were added in the bread formula (Table 6). FB5-B
359 had the lowest and higher values of L and dE , respectively. FB4-B showed the lowest a value (Table
360 5).

361 Overall, the elasticity of the fortified breads was not significantly ($p>0.05$) influenced by the type of
362 bran used. The use of FB in the bread formula led to an increase of the crust and crumb color as well
363 as the acidic aroma and taste as compared to the WB (Figure 1). The PCA analysis, explaining *ca.*
364 the 95% of the total variance of the data, scattered the breads containing wheat (FB1-B, FB2-B and
365 FB3-B) and barley (FB4-B) and emmer (FB5-B) brans in two different zones of the plane. FB1-B,
366 FB2-B and FB3-B shared similar profiles. Breads FB4-B and FB5-B were separated due to low scores
367 of acidic aroma and taste.

368

369 **4. Discussion**

370 Throughout Europe, the recommended DF intake is *ca.* 25–32 g/d and 30–35 g/d for adult women
371 and men, respectively. Less for children and elderly, depending on age (Stephen et al., 2017).
372 Nevertheless, observational studies indicate that the averaged intake of DF is far below the
373 recommendations (Stephen et al., 2017). Nutrition guidelines from United States (U.S. Department
374 of Health and Human Services) and Europe (European Food Safety Authority, EFSA) exhort
375 consumers to meet their daily DF intake through the consumption of a variety of fruits, vegetables
376 and whole grains. Bread is a good and suitable vehicle for health promotion because of the low cost
377 and worldwide consumption (Dziki et al., 2014). Traditionally, wheat bread is made from refined

378 flour, with milling process removing outer layers (bran) and germ, those fractions that are the richest
379 of DF and other bioactive compounds (Benítez et al., 2018). Besides the functionality, other desirable
380 food attributes are freshness, minimal processing and a clean label (Nielsen Company, 2015). Bread
381 fortified with DF is an example of minimally processed food, which combines healthy benefits.
382 Nevertheless, the fiber as an ingredient in the bread formula may lead to worsening of the
383 technological and sensory properties (Ciccoritti et al., 2017). Based on the traditional use of
384 sourdough, fermentation by lactic acid bacteria is the most efficient tool for the manufacture of baked
385 goods with high concentration of fiber, improving the technological aptitude of whole meal flours,
386 and promoting optimal rheology, nutritional and sensory properties (Coda et al., 2014; Manini et al.,
387 2014; Pontonio et al., 2017).

388 In this scenario, bran from hull-less barley, emmer and pigmented wheat cultivars were fermented by
389 selected lactic acid bacteria and used in breadmaking. Based on a selection process among 70 strains
390 of lactic acid bacteria according to pro-technological and functional features (Supplementary Figure
391 1) later (Table 3), *Lactobacillus plantarum* T6B10 and *Weissella confusa* BAN8 were chosen
392 (Pontonio et al., 2015; Rizzello et al., 2016) and used as mixed starter for bran fermentation.
393 Metabolic traits associated with improvements of the functional and nutritional features in bran.
394 Kinetics of growth and acidification, proteolysis, and liberation of phenolic compounds were the main
395 criteria used to screen.

396 Aiming at enhancing the solubilization of protein from bran (Arte et al., 2015), the use of cell-wall-
397 degrading enzymes was also investigated in combination with microbial fermentation. Besides
398 providing DF, bran is a source of protein, being a valuable substitute for other protein-rich sources in
399 the food industry. Nonetheless, several factors affect protein bioavailability, including bran's layered
400 structure.

401 The fermentation of brans from hull-less cereals allowed optimal lactic acid bacteria growth and
402 acidification. Bran is rich in essential amino acids (lysine and tryptophan), vitamins (e.g., thiamin
403 and niacin), antioxidants (e.g., ferulic acid and alkylresorcinols), and minerals (phosphorus and iron)

404 (Arte et al., 2015; Rizzello et al., 2010a, 2010b). Nevertheless, the bioavailability of most of these
405 nutrients is often questioned. Bran and, especially, the aleuronic layer contain considerable levels of
406 phytic acid, which strongly chelates minerals, thus reducing the bioavailability. Because of the pH-
407 activation of endogenous phytases (Kumar et al., 2010), the concentration of phytic acid markedly
408 decreased (230 ± 14 mg/100g) during fermentation. Proteolysis via the combined activity of
409 endogenous proteases (also activated by acidification) and lactic acid bacteria peptidases led to an
410 increase of TFAA (up to 3899 ± 41 mg/Kg) (Ganzle, 2014). Amino acids and short-chain peptides
411 affect the taste of fermented foods and are important precursors for volatile flavor compounds, which
412 generate during baking (Ganzle et al., 2008). Overall, lactic acidification also improves the level of
413 extractable phenolic compounds, whose profile is further modified by the activity of lactic acid
414 bacteria enzymes (e.g., feruloyl-esterase and β -glucosidase) (Filannino et al., 2015). The increase of
415 the concentration of total phenols found in the fermented bran reflected on the antioxidant activity.
416 Indeed, such activity increased up to *ca.* 65% as compared to non-fermented bran. The amino acid
417 composition, their bioavailability and protein digestibility are basic indexes to determine the quality
418 of a protein source (Sarwar Gilani et al., 2012) and the nutritional profile of a food (Bilgiçli et al.,
419 2007). The addition of bran may decrease the IVPD (Bilgiçli et al., 2007; Rizzello et al., 2012)
420 because of the possible formation of complexes between fiber components and proteins. The
421 fermentation by lactic acid bacteria flanked by the use of xylanase led to values of IVPD of *ca.* 87%,
422 much higher than those commonly found for wheat bran (Arte et al., 2015; Bilgiçli et al., 2006).
423 Data from fermented brans were elaborated through Principal Component Analysis (PCA) (Figure
424 2). The two PCs explained *ca.* 85% of the total variance of the data. Fermented brans showed peculiar
425 profiles and fell into different zones of the plane. Factor 1 clearly separated fermented wheat (FB1,
426 FB2 and FB3) from fermented barley (FB4) and emmer (FB5) brans. Factor 2 differentiated
427 conventional wheat (FB1) and pigmented wheat cultivars (FB2 and FB3). The use of the same process
428 conditions (e.g., starter cultures, temperature and time of fermentation) enhanced the feature of each
429 bran and allowed the discrimination among them. Indeed, FB2 contained the highest concentrations

430 of peptides and had the highest value of IVPD. FB3 had the highest concentration of TFAA. Both
431 these fermented brans shared a high concentration of total phenols and radical scavenging activity.
432 The highest radical scavenging activity was found for FB4 and FB1 had the lowest content of phytic
433 acid.

434 Food quality is a multivariate notion: foods carry an image of tasting good being good for health.
435 Taste and health need to be improved in parallel. Consequently, fermented brans were used to fortify
436 wheat breads. The results mirrored those found in fermented brans. All fortified breads showed
437 increased concentrations of TFAA (597 ± 11 - 888 ± 19 mg/Kg) and phenolic compounds ($2.55 \pm$
438 0.03 - 4.23 ± 0.05 mmol/Kg), enhanced radical scavenging activity (up to 60%) and reduced phytic
439 acid concentration. FB5-B was characterized by the highest concentrations of both TFAA and total
440 phenols, while the lowest content of phytic acid was found in FB4-B. Compared to a baker's yeast
441 wheat bread (control), breads fortified with fermented brans exhibited also a more balanced sensory
442 profile, mainly due to the acidic taste and aroma. The use of fermented bran in the formula led to
443 breads having HI and *pGI* values markedly lower (20% and 12%, respectively) than those of the
444 control. Beside the well-known effect related to the considerable supply of DF, a strong contribution
445 is provided by the biological acidification, which is one of the main factors that decreases starch
446 hydrolysis rate (Pontonio et al., 2017). Compared to the control, fortified breads had high levels of
447 DF (up to 7% of d.m.) and proteins (up to 13% of d.m.). Despite the bran fortification, the protein
448 digestibility of fortified breads was *ca.* 40% higher than the control, thus hypothesizing a key role of
449 the lactic acid bacteria proteolysis (Rizzello et al., 2019). According to EC Regulation (Regulation
450 EC No. 1924/2006) on nutrition and health claims on food products, experimental fortified breads
451 can be labelled as "source of fiber", since containing at least 3 g of fiber per 100 g of bread.

452

453 **5. Conclusion**

454 This study combines the use of selected lactic acid bacteria and cell-wall-degrading enzymes to
455 enhance the nutritional profile of bran. Treatment with exogenous xylanase solubilizes proteins

456 entrapped within bran layers, making them available for microbial/endogenous proteolysis, which
457 improves protein digestibility. Fermentation with selected lactic acid bacteria improves the nutritional
458 and functional features of fermented brans. Each fermented bran has peculiar features, offering
459 choices to fortify breads, which depend on specific nutritional aims. This study supplies a realistic
460 option that combines waste recycle and consumer expectations for healthy foods.

461

462 **Acknowledgements**

463 This study was supported by the Italian Ministry of Education, University and Research (MIUR)
464 programme PRIN 2015 (grant number 2015SSEKFL) “Processing for healthy cereal foods”.

465

466 **Author Contributions Statement**

467 EP, carried out the selection of lactic acid bacteria, elaborated the results and wrote the draft of the
468 manuscript; CD carried out the selection of lactic acid bacteria, the microbiological, bio-chemical
469 and nutritional analysis and the baking tests; RDC coordinated the scientific units and was responsible
470 for the research funding; MB was responsible for cereal cultivation and gross chemical composition
471 of brans and breads; MG critically revised the manuscript; CGR was the scientific advisor and
472 designed the experimental work. All authors read and approved the final manuscript.

473

474 **References**

- 475 Adom, K. K., Liu, R. H., 2002. Antioxidant activity of grains. *J. Agr. Food Chem.* 50, 6182–6187.
- 476 Akesson, W. R., Stahmann, M. A., 1964. A pepsin pancreatin digest index of protein quality
477 evaluation. *J. Nutr.* 83, 257–261.
- 478 Arte, E., Rizzello, C. G., Verni, M., Nordlund, E., Katina, K., Coda, R., 2015. Impact of enzymatic
479 and microbial bioprocessing on protein modification and nutritional properties of wheat bran. *J. Agr.*
480 *Food Chem.* 63, 8685-8693.

481 Baixauli, R., Salvador, A., Hough, G., Fiszman, S. M., 2008. How information about fibre (traditional
482 and resistant starch) influences consumer acceptance of muffins. *Food Qual. Prefer.* 19, 628–635.

483 Bartłomiej, S., Justyna, R. K., Ewa, N., 2012. Bioactive compounds in cereal grains – occurrence,
484 structure, technological significance and nutritional benefits. *Food Sci. Technol Int.*, 18, 559–568.

485 Benítez, V., Esteban, R. M., Moniz, E., Casado, N., Aguilera, Y., Mollá, E., 2018. Breads fortified
486 with wholegrain cereals and seeds as source of antioxidant dietary fibre and other bioactive
487 compounds. *J. Cereal Sci.* 82, 113–120.

488 Bilgiçli, N., İbanog˘lu, S., Herken, E. N., 2007. Effect of dietary fibre addition on the selected
489 nutritional properties of cookies. *J. Food Eng.* 78, 86–89.

490 Bilgiçli, N., Elg˘un, A., Herken, E. N., T˘urker, S., Ertaş, N., İbanog˘lu, S., 2006. Effect of wheat
491 germ/bran addition on the chemical, nutritional and sensory quality of tarhana, a fermented wheat
492 flour-yoghurt product. *J. Food Eng.* 77, 680–686.

493 Blandino, M., Locatelli, M., Gazzola, A., Coisson, J. D., Giacosa, S., Travaglia, F., Bordiga, M.,
494 Reyneri, A., Rolle, L., Arlorio, M., 2015. Hull-less barley pearling fractions: Nutritional properties
495 and their effect on the functional and technological quality in bread-making. *J. Cereal Sci.* 65, 48–56.

496 Bradford, M. M., 1976. A rapid and sensitive method for the quantitation of microgram quantities of
497 protein utilizing the principle of protein-dye binding. *Anal. Biochem.* 72, 248–254.

498 Capriles, V. D., Areas J. A. G., 2013. Effects of prebiotic inulin-type fructans on structure, quality,
499 sensory acceptance and glycemic response of gluten-free breads. *Food & Funct.* 4, 04–10.

500 Carson, G. R., Edwards N. M., 2009. Criteria of wheat and flour quality. In: Khan, K., Shewry, P. R.
501 (Eds.), *Wheat Chemistry and Technology*. AACC International, Minnesota, pp. 97–118.

502 Church, F. C., Swaisgood, H. E., Porter, D. H., Catignani, G. L., 1983. Spectrophotometric assay
503 using o-phthaldialdehyde for determination of proteolysis in milk and isolated milk proteins. *J. Dairy*
504 *Sci.* 66, 1219–1227.

505 Ciccoritti, R., Taddei, F., Nicoletti, I., Gazza, L., Corradini, D., D'Egidio, M. G., Martini, D., 2017.
506 Use of bran fractions and debranned kernels for the development of pasta with high nutritional and
507 healthy potential. *Food Chem.* 225, 77–86.

508 Coda, R., Katina, K., Rizzello, C. G., 2015. Bran bioprocessing for enhanced functional properties.
509 *Curr. Opin. Food Sci.* 1, 50–55.

510 Coda, R., Rizzello, C. G., Curiel, J. A., Poutanen, K., Katina, K., 2014. Effect of bioprocessing and
511 particle size on the nutritional properties of wheat bran fractions. *Innov. Food Sci. Emerg. Technol.*
512 25, 19–27.

513 De Angelis, M., Damiano, N., Rizzello, C. G., Cassone, A., Di Cagno, R., Gobbetti, M., 2009.
514 Sourdough fermentation as a tool for the manufacture of low-glycemic index white wheat bread
515 enriched in dietary fibre. *Eur. Food Res. Technol.* 229, 593–601.

516 Dziki, D., Rozylo, R., Gawlik-Dziki, U., & Swieca, M., 2014. Current trends in the enhancement of
517 antioxidant activity of wheat bread by the addition of plant materials rich in phenolic compounds.
518 *Trends Food Sci. Technol.* 40, 48–61.

519 EFSA Panel on Dietetic Products, Nutrition, and Allergies (NDA). European Food Safety Authority
520 (EFSA). Scientific Opinion on Dietary Reference Values for Carbohydrates and Dietary Fibre.
521 (2010). <https://efsa.onlinelibrary.wiley.com/doi/epdf/10.2903/j.efsa.2010.1462>

522 Filannino, P., Bai, Y., Di Cagno, R., Gobbetti, M., Gänzle, M. G., 2015. Metabolism of phenolic
523 compounds by *Lactobacillus* spp. during fermentation of cherry juice and broccoli puree. *Food*
524 *Microbiol.* 46, 272–279.

525 Galterio, G., Codianni, P., Giusti, A. M., Pezzarossa, B., Cannella, C., 2003. Assessment of the
526 agronomic characteristics of *T. Turgidum* spp. *dicoccum* Schrank and *T. spelta* L. *Nahrung/Food.* 1,
527 54–59.

528 Gänzle, M. G., 2014. Enzymatic and bacterial conversions during sourdough fermentation. *Food*
529 *Microbiol.* 37, 2–10.

530 Gänzle, M. G., Loponen, J., Gobbetti, M., 2008. Proteolysis in sourdough fermentations: mechanisms
531 and potential for improved bread quality. *Trends Food Sci. Technol.* 19, 513–521.

532 Gobbetti, M., Rizzello, C. G., Di Cagno, R., De Angelis, M., 2014. How the sourdough may affect
533 the functional features of leavened baked goods. *Food Microbiol.* 37, 30–40.

534 Katina, K., Laitila, A., Juvonen, R., Liukkonen, K. H., Kariluoto, S., Piironen, V., Landberg, R.,
535 Åman, P., Poutanen, K., 2007. Bran fermentation as a means to enhance technological properties and
536 bioactivity of rye. *Food Microbiol.* 24, 175–186.

537 King, D. E., Mainous, A. G., Lambourne, C. A., 2012. Trends in dietary fiber intake in the United
538 States, 1999–2008. *J. Acad. Nutr. Diet.* 112, 642–648.

539 Kumar, V., Sinha, A. K., Makkar, H. P. S., Becker, K., 2010. Dietary roles of phytate and phytase in
540 human nutrition: A review. *Food Chem.* 120, 945–959.

541 Kuznesof, S., Brownlee, I. A., Moore, C., Richardson, D. P., Jebb, S. A., Seal, C. J., 2012.
542 WHOLEheart study participant acceptance of wholegrain foods. *Appetite.* 59, 187–193.

543 Lattimer, J. M., Haub, M.D. 2010. Effects of dietary fiber and its components on metabolic health.
544 *Nutrients.* 2, 1266 –1289.

545 Liu, Q., Yao, H., 2007. Antioxidant activities of barley seeds extracts. *Food Chem.* 102, 732–737.

546 Manini, F., Brasca, M., Plumed-Ferrer, C., Morandi, S., Erba, D. Casiraghi, M. C., 2014. Study of
547 the chemical changes and evolution of microbiota during sourdoughlike fermentation of wheat bran.
548 *Cereal Chem.* 91, 342–349.

549 Messia, M. C., Reale, A., Maiuro, L., Candigliota, T., Sorrentino, E., Marconi, E., 2016. Effects of
550 pre-fermented wheat bran on dough and bread characteristics. *J. Cereal Sci.* 69, 138–144.

551 Mialon, V. S., Clark, M. R., Leppard, P. I., Cox, D. N., 2002. The effect of dietary fibre information
552 on consumer responses to breads and “English” muffins: A cross-cultural study. *Food Qual. Pref.* 13,
553 1–12.

554 Mobley, A. R., Jones, J. M., Rodriguez, J., Slavin, J., Zelman, K. M., 2014. Identifying practical
555 solutions to meet America's fiber needs: Proceedings from the food & fiber summit. *Nutrients*. 6,
556 2540–2551.

557 Nionelli, L., Curri, N., Curiel, J. A., Di Cagno, R., Pontonio, E., Cavoski, I., Gobbetti, M., Rizzello,
558 C. G., 2014. Exploitation of Albanian wheat cultivars: Characterization of the flours and lactic acid
559 bacteria microbiota, and selection of starters for sourdough fermentation. *Food Microbiol.* 44, 96–
560 107.

561 Osborne, T. B., 1907. The proteins of the wheat kernel. *Carnegie Institute of Washington Publication*,
562 84, Washington, DC: Judd & Dutweiler.

563 Pasqualone, A., Bianco, A. M., Paradiso, V. M., Summo, C., Gambacorta, G., Caponio, F., Blanco,
564 A., 2015. Production and characterization of functional biscuits obtained from purple wheat. *Food*
565 *Chem.* 180, 64–70.

566 Piergiovanni A. R., Laghetti G., Perrino I. P., 1996. Characteristics of meal from hulled wheats
567 (*Triticum dicoccon* Schrank and *T. spelta* L.): An evaluation of selected accessions. *Cereal Chem.*
568 73, 732–735.

569 Pontonio, E., Lorusso, A., Gobbetti, M., Rizzello, C. G., 2017. Use of fermented milling by-products
570 as functional ingredient to develop a low-glycaemic index bread. *J. Cereal Sci.* 77, 235–242.

571 Pontonio, E., Nionelli, L., Curiel, J. A., Sadeghi, A., Di Cagno, R., Gobbetti, M., Rizzello C. G.,
572 2015. Iranian wheat flours from rural and industrial mills: exploitation of the chemical and technology
573 features, and selection of autochthonous sourdough starters for making breads. *Food Microbiol.*, 47,
574 99–110.

575 Rizzello, C. G., Lorusso, A., Montemurro, M., Gobbetti, M., 2016. Use of sourdough made with
576 quinoa (*Chenopodium quinoa*) flour and autochthonous selected lactic acid bacteria for enhancing the
577 nutritional, textural and sensory features of white bread. *Food Microbiol.* 56, 1–13.

578 Rizzello, C. G., Nionelli, L., Coda, R., De Angelis, M., Gobbetti, M., 2010a. Effect of sourdough
579 fermentation on stabilization, and chemical and nutritional characteristics of wheat germ. *Food*
580 *Chem.*, 119, 1079–1089.

581 Rizzello, C. G., Nionelli, L., Coda, R., Di Cagno, R., Gobbetti, M., 2010b. Use of sourdough
582 fermented wheat germ for enhancing the nutritional, texture and sensory characteristics of the white
583 bread. *Eur. Food Res. Technol.* 230, 645–654.

584 Rizzello, C. G., Coda, R., Mazzacane, F., Minervini, D., Gobbetti, M., 2012. Micronized by-products
585 from debranned durum wheat and sourdough fermentation enhanced the nutritional, textural and
586 sensory features of bread. *Food Res. Int.* 46, 304–313.

587 Rizzello, C. G., Curiel, J. A., Nionelli, L., Vincentini, O., Di Cagno, R., Silano, M., Gobbetti, M.,
588 Coda, R., 2014. Use of fungal proteases and selected sourdough lactic acid bacteria for making wheat
589 bread with an intermediate content of gluten. *Food Microbiol.* 37, 59–68.

590 Rizzello, C. G., Portincasa, P., Montemurro, M., Di Palo, D., Lorusso, M. P., De Angelis, M.,
591 Bonfrate, L., Genot, B., Gobbetti, M., 2019. Sourdough fermented breads are more digestible than
592 those started with baker`s yeast alone: an in vivo challenge dissecting distinct gastrointestinal
593 responses. *Sci. Rep.* submitted.

594 Sarwar Gilani, G., Wu Xiao, C., Cockell, K., 2012. Impact of antinutritional factors in food proteins
595 on the digestibility of protein and the bioavailability of amino acids and on arotein quality. *Br. J.*
596 *Nutr.* 108(S2), S315–S332.

597 Satija, A., Hu, F. B., 2012. Cardiovascular benefits of dietary fiber. *Curr. Atheroscler. Rep.* 14, 505–
598 514.

599 Slinkard, K., Singleton, V., 1977. Total phenol analysis: Automation and comparison with manual
600 methods. *Am. J. Enol. Viticult.* 28, 49–55.

601 Šramková, Z., Gregová, E., Šturdík, E., 2009. Chemical composition and nutritional quality of wheat
602 grain. *Acta Chim Slov.* 2, 115 – 138.

603 Stephen, A. M., Champ, M. M. J., Cloran, S. J., Fleith, M., Van Lieshout, L., Mejbourn, H., Burley,
604 V. J., 2017. Dietary fibre in Europe: Current state of knowledge on definitions, sources,
605 recommendations, intakes and relationships to health. *Nutr. Res. Rev.* 30, 149–190.

606 U.S. Department of Health and Human Services; U.S. Department of Agriculture. Dietary Guidelines
607 for Americans. (2015–2020). <https://health.gov/dietaryguidelines/2015/>

608 Weiss, W., Vogelmeier, C., Gorg, A., 1993. Electrophoretic characterization of wheat grain allergens
609 from different cultivars involved in bakers' asthma. *Electrophoresis.* 14, 805–816.

610 Zanoletti, M., Parizad, P. A., Lavelli, V., Cecchini, C., Menesatti, P., Marti, A., Pagani, M. A., 2017.
611 Debranning of purple wheat: recovery of anthocyanin-rich fractions and their use in pasta production.
612 *LWT*, 75, 663–669.

613

614 **Legend to figures**

615 **Figure 1.** Principal component analysis (PCA) based on sensory analysis of breads (DY, 180) FB1-
616 B, bread containing 30% (wt/wt) of fermented bran doughs obtained from red-grained wheat variety
617 (cv Aubusson) (FB1); FB2-B, bread containing 30% (wt/wt) of fermented bran obtained from blue-
618 grained wheat variety (cv Skorpion) (FB2); FB3-B, bread containing 30% (wt/wt) of fermented bran
619 obtained from yellow-grained wheat variety (cv Bona Vita) (FB3); FB4-B, bread containing 30%
620 (wt/wt) of fermented bran obtained from spring hull-less barley (var. Rondo) (FB4); FB5-B, bread
621 containing 30% (wt/wt) of fermented bran obtained from emmer (var. Schrank) (FB5); WB, white
622 wheat bread.

623 **Figure 2.** Principal component analysis (PCA) based on biochemical and nutritional characteristics
624 of wheat, emmer and barley bran doughs (DY 300) fermented with *Lactobacillus plantarum* T6B10
625 and *Weissella confusa* BAN8 at 30°C for 24 h. The ingredients and technological parameters for the
626 preparation of fermented bran doughs (FB1, FB2, FB3, FB4 and FB5) are reported in the Materials
627 and methods section.

628 **Table 1.** Gross chemical composition of wheat, barley and emmer brans

	B1	B2	B3	B4	B5
Carbohydrates (%)	71.6 ± 0.6 ^a	71.1 ± 0.5 ^a	71.8 ± 0.5 ^a	72.8 ± 0.7 ^b	74.6 ± 0.6 ^c
<i>Total dietary fiber</i> (%)	25.5 ± 0.5 ^c	26.3 ± 0.4 ^{cd}	25.3 ± 0.7 ^c	21.6 ± 0.5 ^b	10.0 ± 0.3 ^a
<i>Insoluble fiber</i> (%)	24.0 ± 0.6 ^c	24.7 ± 0.5 ^c	24.1 ± 0.4 ^c	19.1 ± 0.3 ^b	8.6 ± 0.5 ^a
<i>Soluble fiber</i> (%)	1.5 ± 0.2 ^{ab}	1.6 ± 0.1 ^b	1.2 ± 0.3 ^a	2.5 ± 0.3 ^c	1.4 ± 0.2 ^a
Protein (%)	15.9 ± 0.5 ^a	17.7 ± 0.4 ^b	17.6 ± 0.3 ^b	18.9 ± 0.4 ^c	18.8 ± 0.5 ^c
Fat (%)	4.5 ± 0.6 ^{cd}	4.3 ± 0.5 ^{bc}	4.1 ± 0.4 ^b	3.9 ± 0.3 ^{ab}	3.3 ± 0.4 ^a
Ash (%)	3.4 ± 0.3 ^b	3.2 ± 0.5 ^b	3.5 ± 0.3 ^b	2.6 ± 0.5 ^a	2.3 ± 0.4 ^a

629 B1, wheat bran cv. Aubusson; B2, wheat bran cv. Skorpion; B3, wheat bran cv. Bona Vita; B4, hull-less barley var. Rondo, B5; emmer bran var.

630 Giovanni Paolo.

631 Data are expressed on dry matter.

632 ^{a-c} Values in the same row with different superscript letters differ significantly (p<0.05)

633

634

635

636

637 **Table 2.** Microbiological, biochemical and nutritional characterization of wheat, barley and emmer bran doughs (DY 300) prior the fermentation.

	B1	B2	B3	B4	B5
<i>Microbiological characterization</i>					
Total mesophilic bacteria (Log cfu/g)	5.7 ± 0.2 ^a	5.7 ± 0.3 ^a	5.7 ± 0.4 ^a	5.8 ± 0.3 ^a	5.8 ± 0.2 ^a
LAB (Log cfu/g)	3.5 ± 0.1 ^a	3.5 ± 0.3 ^a	3.5 ± 0.2 ^a	3.6 ± 0.2 ^b	3.8 ± 0.3 ^c
Yeast (Log cfu/g)	2.3 ± 0.2 ^a	2.3 ± 0.2 ^a	2.3 ± 0.1 ^a	3.4 ± 0.1 ^b	3.4 ± 0.3 ^b
Molds (Log cfu/g)	1.2 ± 0.2 ^a	1.3 ± 0.1 ^b	1.2 ± 0.3 ^a	3.7 ± 0.2 ^c	3.2 ± 0.2 ^c
<i>Enterobacteriaceae</i> (Log cfu/g)	4.6 ± 0.1 ^b	4.7 ± 0.1 ^c	4.7 ± 0.2 ^c	3.7 ± 0.3 ^a	4.8 ± 0.2 ^d
<i>Biochemical characterization</i>					
pH	6.6 ± 0.2 ^b	6.3 ± 0.3 ^b	6.2 ± 0.2 ^b	5.7 ± 0.1 ^a	6.4 ± 0.3 ^b
TTA (ml NaOH 0.1M)	1.4 ± 0.1 ^a	11.6 ± 0.4 ^c	7.2 ± 0.3 ^b	13.8 ± 0.3 ^d	11.0 ± 0.5 ^c
Lactic acid (mmol/Kg)	n.d.	n.d.	n.d.	n.d.	n.d.
Acetic acid (mmol/Kg)	n.d.	n.d.	n.d.	n.d.	n.d.
TFAA (mg/Kg)	675 ± 15 ^a	1653 ± 31 ^e	1455 ± 24 ^d	1000 ± 22 ^b	1290 ± 33 ^c
Peptide concentration (mg/g)	13.4 ± 0.3 ^a	19.4 ± 0.4 ^c	15.2 ± 0.7 ^b	13.0 ± 0.6 ^a	14.7 ± 0.4 ^b
<i>Nutritional features</i>					
Phytic acid (mg/100g)	620 ± 17 ^c	670 ± 22 ^c	900 ± 21 ^d	500 ± 17 ^b	330 ± 15 ^a

Total phenols (mmol/Kg)	1.39 ± 0.02 ^c	1.27 ± 0.03 ^b	1.27 ± 0.02 ^b	1.22 ± 0.03 ^a	1.93 ± 0.04 ^d
Radical scavenging activity/ME (%)	34.4 ± 0.6 ^a	55.3 ± 0.8 ^b	57.0 ± 0.7 ^c	59.3 ± 0.8 ^c	35.3 ± 0.5 ^a
Radical scavenging activity/WSE (%)	n.d.	n.d.	n.d.	n.d.	n.d.

638 B1, dough made with wheat (cv. Aubusson) bran; B2, dough made with wheat (cv. Skorpion) bran; B3, dough made with wheat (cv. Bona Vita) bran

639 from; B4, dough made with barley (var. Rondo) bran; B5, dough made with emmer (var. Giovanni Paolo) bran.

640 LAB, Lactic acid bacteria.

641 n.d. not detectable.

642 The data are the means of three independent experiments ± standard deviations (n = 3).

643 ^{a-e} Values in the same row with different superscript letters differ significantly (p<0.05)

644

645

646

647

648

649

650

651 **Table 3.** Cell density of lactic acid bacteria (LAB), pH, TTA, concentration of lactic and acetic acids, total free amino acids (TFAA), phytic acid and
 652 phenols concentrations, quotient of fermentation (QF) and radical scavenging activity of fermented wheat bran (cv. Aubusson) started with single
 653 selected lactic acid bacteria strains (initial cell density of *ca.* 7 Log cfu/g) fermented at 30°C for 24 h. The minimum (m) and maximum (M) refer to
 654 whole number of isolates. Values for individual *Lactobacillus plantarum* T6B10 and *Weissella confusa* BAN8, which were further selected and used
 655 as a mixed starter for bran fermentation, are also included.

656

	CT ₀	CT ₂₄	Minimum	Maximum	<i>L. plantarum</i> T6B10	<i>W. confusa</i> BAN8
LAB (Log cfu/g)	3.5 ± 0.1 ^a	6.8 ± 0.2 ^b	9.5±0.1 ^c	10.0±0.2 ^d	9.9 ± 0.1 ^d	10.0 ± 0.2 ^d
pH	6.5 ± 0.2 ^c	5.9 ± 0.1 ^b	3.8±0.3 ^a	3.9±0.4 ^a	3.8 ± 0.3 ^a	3.9 ± 0.2 ^a
TTA (ml NaOH 0.1 M)	1.4 ± 0.1 ^a	4.1 ± 0.3 ^b	12.6±0.2 ^c	15.8 ±0.3 ^d	15.3 ± 0.2 ^d	12.6 ± 0.2 ^c
Lactic acid (mmol/Kg)	n.d.	30.5 ± 0.2 ^a	41.5±0.4 ^b	67.3±0.8 ^d	67.3 ± 0.8 ^d	60.7 ± 0.6 ^c
Acetic acid (mmol/Kg)	n.d.	n.d.	8.8±0.7 ^a	9.2±0.8 ^{ab}	n.d.	9.2 ± 0.8 ^{ab}
QF	n.d.	n.d.	6.4 ^a	6.9 ^a	n.d.	6.6 ^a
TFAA (mg/kg)	675 ± 15 ^a	690 ± 21 ^{ab}	1980± 26 ^c	2625± 39 ^f	2043 ± 36 ^{cd}	2478 ± 38 ^e
Phytic acid (mg/100g)	519 ± 5 ^d	487 ± 8 ^c	391 ± 11 ^a	457 ± 19 ^b	421 ± 9 ^{ab}	391 ± 11 ^a
Total phenols (mmol/Kg)	1.44 ± 0.02 ^a	3.32 ± 0.03 ^b	3.92 ± 0.04 ^c	5.89 ± 0.05 ^f	5.55 ± 0.06 ^e	4.62 ± 0.03 ^d
Radical scavenging activity/ME (%)	32.7 ± 0.3 ^a	42.5 ± 0.6 ^b	56.3 ± 0.6 ^c	75.6 ± 0.7 ^e	66.6 ± 0.5 ^d	66.3 ± 0.6 ^d

657 Aubusson (B1) bran was used as common matrix for bran fermentation.

658 The data are the means of three independent experiments \pm standard deviations (n = 3).

659 ^{a-f} Values in the same row with different superscript letters differ significantly (p<0.05)

660

661

662

663

664

665

666

667

668

669

670

671

672

673 **Table 4.** Biochemical and nutritional characteristics of the wheat, barley and emmer bran fermented with *Lactobacillus plantarum* T6B10 and
 674 *Weissella confusa* BAN8 (initial cell density of *ca.* 7 Log cfu/g) at 30°C for 24 h.

	FB1	FB2	FB3	FB4	FB5
<i>Biochemical characteristics</i>					
pH	4.1 ± 0.2 ^a	4.0 ± 0.1 ^a	4.1 ± 0.4 ^a	3.9 ± 0.2 ^a	3.9 ± 0.3 ^a
TTA (ml NaOH 0.1M)	52.0 ± 0.5 ^{cd}	49.2 ± 0.4 ^c	51.2 ± 0.6 ^c	41.2 ± 0.5 ^b	37.4 ± 0.4 ^a
Lactic acid (mmol/Kg)	82.0 ± 0.8 ^c	82.5 ± 0.5 ^c	86.8 ± 0.7 ^d	70.8 ± 0.9 ^{ab}	69.65 ± 0.6 ^a
Acetic acid (mmol/Kg)	10.2 ± 0.3 ^c	8.1 ± 0.2 ^a	10.5 ± 0.4 ^c	9.8 ± 0.3 ^b	8.8 ± 0.4 ^{ab}
QF	8.01 ^b	10.3 ^d	8.3 ^c	7.2 ^a	7.93 ^b
TFAA (mg/Kg)	2401 ± 24 ^a	2844 ± 33 ^c	3899 ± 41 ^e	3088 ± 47 ^d	2601 ± 12 ^b
Peptide concentration (mg/g)	20.9 ± 0.3 ^b	33.8 ± 0.4 ^d	19.9 ± 0.2 ^a	20.4 ± 0.3 ^{ab}	21.2 ± 0.4 ^{bc}
<i>Nutritional characteristics</i>					
Phytic acid (mg/100g)	230 ± 14 ^a	340 ± 11 ^d	370 ± 21 ^e	280 ± 12 ^c	250 ± 10 ^b
Total phenols (mmol/Kg)	2.52 ± 0.01 ^b	2.90 ± 0.02 ^{cd}	3.28 ± 0.03 ^e	2.83 ± 0.02 ^c	2.11 ± 0.01 ^a
Radical scavenging activity/ME (%)	59.8 ± 0.2 ^b	63.4 ± 0.7 ^c	64.1 ± 0.5 ^{cd}	65.5 ± 0.5 ^e	55.4 ± 0.6 ^a
Radical scavenging activity/WSE (%)	30.7 ± 0.4 ^a	42.3 ± 0.5 ^d	34.9 ± 0.3 ^b	38.5 ± 0.4 ^c	44.7 ± 0.3 ^{de}
IVPD (%)	82.5 ± 0.6 ^{bc}	87.1 ± 0.5 ^e	81.0 ± 0.7 ^b	83.6 ± 0.5 ^{cd}	80.1 ± 0.4 ^a

675 FB1, fermented dough made with wheat (cv. Aubusson) bran; FB2, fermented dough made with wheat (cv. Skorpion) bran; FB3, fermented dough
676 made with wheat (cv. Bona Vita) bran; FB4, fermented dough made with barley (var. Rondo) bran; FB5, fermented dough made with emmer (var.
677 Giovanni Paolo) bran.

678 The data are the means of three independent experiments \pm standard deviations (n = 3).

679 ^{a-e} Values in the same row with different superscript letters differ significantly (p<0.05)

680

681

682

683

684

685

686

687

688

689

690 **Table 5.** Physical-chemical, biochemical and nutritional characteristics of experimental breads (DY, 180) containing 30% (wt/wt) of wheat, barley
 691 and emmer bran doughs and fermented with *Lactobacillus plantarum* T6B10 and *Weissella confusa* BAN8 (initial cell density of *ca.* 7 Log cfu/g) at
 692 30°C for 24 h.

	FB1-B	FB2-B	FB3-B	FB4-B	FB5-B	WB
<i>Physical-chemical characteristics</i>						
Moisture (%)	27.3 ± 0.4 ^{ab}	27.2 ± 0.7 ^{ab}	26.4 ± 0.2 ^a	26.8 ± 0.4 ^{ab}	27.2 ± 0.6 ^{ab}	31.0 ± 0.2 ^c
a _w	0.97 ± 0.04 ^{ab}	0.99 ± 0.06 ^{abc}	0.98 ± 0.05 ^{ab}	0.97 ± 0.04 ^{ab}	0.98 ± 0.01 ^{ab}	0.92 ± 0.02 ^a
<i>Biochemical characteristics</i>						
pH	4.1 ± 0.5 ^{ab}	4.0 ± 0.4 ^a	3.9 ± 0.3 ^a	3.9 ± 0.5 ^a	3.9 ± 0.4 ^a	5.3 ± 0.3 ^c
TTA	23.6 ± 0.4 ^e	25.4 ± 0.3 ^f	19.4 ± 0.5 ^b	22.6 ± 0.3 ^c	19.8 ± 0.4 ^b	9.1 ± 0.3 ^a
Lactic acid (mmol/Kg)	45.77 ± 0.6 ^f	36.38 ± 0.4 ^d	37.24 ± 0.5 ^{de}	25.31 ± 0.6 ^b	28.65 ± 0.4 ^c	3.3 ± 0.5 ^a
Acetic acid (mmol/Kg)	6.69 ± 0.5 ^{de}	6.61 ± 0.7 ^d	5.29 ± 0.6 ^{bc}	4.86 ± 0.4 ^b	5.32 ± 0.6 ^c	1.27 ± 0.3 ^a
FQ	6.8 ^c	5.5 ^b	7.0 ^c	5.2 ^b	5.4 ^b	2.6 ^a
TFAA (mg/Kg)	654 ± 13 ^{cd}	597 ± 11 ^b	858 ± 14 ^e	632 ± 16 ^c	888 ± 19 ^f	264 ± 10 ^a
<i>Nutritional characteristics</i>						
Protein (%)	12.2 ± 0.3 ^b	12.5 ± 0.4 ^b	12.5 ± 0.5 ^b	12.7 ± 0.4 ^{bc}	12.7 ± 0.5 ^{bc}	6.3 ± 0.1 ^a
Fat (%)	1.65 ± 0.01 ^c	1.73 ± 0.02 ^d	1.67 ± 0.01 ^c	1.49 ± 0.01 ^b	1.64 ± 0.02 ^c	0.61 ± 0.04 ^a

Carbohydrates (%)	86.7 ± 0.6 ^b	86.6 ± 0.8 ^b	86.7 ± 0.5 ^b	87.2 ± 0.5 ^{bc}	86.9 ± 0.8 ^b	79.4 ± 0.9 ^a
<i>Total dietary fiber</i> (%)	7.02 ± 0.02 ^d	7.15 ± 0.01 ^e	6.88 ± 0.02 ^d	4.20 ± 0.03 ^b	6.31 ± 0.04 ^c	1.87 ± 0.02 ^a
<i>Insoluble fiber</i> (%)	6.71 ± 0.03 ^d	6.82 ± 0.04 ^e	6.67 ± 0.04 ^d	4.02 ± 0.05 ^b	6.23 ± 0.02 ^c	1.73 ± 0.03 ^a
<i>Soluble fiber</i> (%)	0.31 ± 0.02 ^c	0.33 ± 0.02 ^c	0.21 ± 0.02 ^b	0.19 ± 0.02 ^{ab}	0.39 ± 0.02 ^d	0.14 ± 0.02 ^a
Ash (%)	1.11 ± 0.02 ^d	1.05 ± 0.02 ^c	1.14 ± 0.03 ^{de}	0.87 ± 0.05 ^b	0.89 ± 0.04 ^b	0.27 ± 0.02 ^a
IVPD (%)	74 ± 1 ^d	65 ± 2 ^b	79 ± 1 ^e	79 ± 2 ^e	68 ± 2 ^{bc}	46 ± 1 ^a
<i>pGI</i>	65.4 ± 0.3 ^a	65.2 ± 0.4 ^a	65.1 ± 0.2 ^a	66.8 ± 0.2 ^b	68.0 ± 0.5 ^b	71.2 ± 0.4 ^c
Phytic acid (mg/100g)	141 ± 13 ^{bc}	304 ± 15 ^d	252 ± 17 ^d	30 ± 8 ^a	104 ± 14 ^b	352 ± 14 ^f
Total phenols (mmol/Kg)	3.74 ± 0.04 ^e	3.62 ± 0.03 ^d	2.55 ± 0.03 ^b	3.37 ± 0.03 ^c	4.23 ± 0.05 ^f	2.39 ± 0.03 ^a
Peptide concentration (mg/g)	372 ± 5 ^a	471 ± 3 ^c	648 ± 5 ^f	511 ± 4 ^e	425 ± 5 ^b	486 ± 5 ^d
Radical scavenging/ME (%)	36.8 ± 0.4 ^d	62.0 ± 0.4 ^{ef}	33.5 ± 0.5 ^c	61.5 ± 0.4 ^e	27.8 ± 0.4 ^b	20.3 ± 0.3 ^a
Radical scavenging/WSE (%)	30.2 ± 0.5 ^b	39.2 ± 0.4 ^e	33.4 ± 0.5 ^c	33.2 ± 0.6 ^c	35.9 ± 0.5 ^d	28.2 ± 0.3 ^a

693 FB1-B, bread containing fermented dough made with wheat (cv. Aubusson) bran; FB2-B, bread containing fermented dough made with wheat (cv.
694 Skorpion) bran; FB3-B, bread containing fermented dough made with wheat (cv. Bonavita) bran from; FB4-B, bread containing fermented dough
695 made with barley (var. Rondo) bran; FB5-B, bread containing fermented dough made with emmer (var. Giovanni Paolo) bran.

696 Data of protein, fat, carbohydrates, fiber, and ash are expressed on dry weight basis.

697 The data are the means of three independent experiments ± standard deviations (n = 3).

698 ^{a-f} Values in the same row with different superscript letters differ significantly ($p < 0.05$)

699

700

701

702

703

704

705

706

707

708

709

710

711

712

713 **Table 6.** Textural characteristics of experimental breads (DY, 180): FB1-B, bread containing 30% (wt/wt) of FB1; FB2-B, bread containing 30%
714 (wt/wt) of FB2; FB3-B, bread containing 30% (wt/wt) of FB3; FB4-B, bread containing 30% (wt/wt) of FB4; FB5-B, bread containing 30% (wt/wt)
715 of FB5; WB, white wheat bread.

	FB1-B	FB2-B	FB3-B	FB4-B	FB5-B	WB
Specific volume (cm ³ /g)	2.28 ± 0.05 ^{ab}	2.17 ± 0.06 ^a	2.65 ± 0.07 ^c	2.7 ± 0.05 ^{cd}	2.88 ± 0.04 ^d	2.3 ± 0.02 ^b
Resilience	0.81 ± 0.06 ^{ab}	0.82 ± 0.07 ^{bc}	0.80 ± 0.03 ^a	0.82 ± 0.04 ^{bc}	0.82 ± 0.07 ^{bc}	0.85 ± 0.04 ^c
Cohesiveness	0.43 ± 0.04 ^a	0.40 ± 0.05 ^a	0.42 ± 0.09 ^{ab}	0.56 ± 0.04 ^{bc}	0.62 ± 0.06 ^{cd}	0.70 ± 0.07 ^{de}
Gumminess	15.8 ± 0.5 ^b	19.0 ± 0.9 ^d	22.4 ± 0.8 ^e	16.9 ± 0.4 ^{bc}	31.3 ± 0.9 ^f	7.3 ± 0.2 ^a
Chewiness (g)	1290 ± 24 ^b	1560 ± 35 ^d	1799 ± 27 ^e	1397 ± 31 ^c	2594 ± 29 ^f	625 ± 13 ^a
Hardness (g)	3710 ± 32 ^c	4700 ± 42 ^d	5270 ± 39 ^f	3040 ± 28 ^b	5000 ± 42 ^e	2590 ± 22 ^a
<i>Crust color</i>						
L	53.9 ± 0.4 ^b	53.8 ± 0.3 ^b	58.7 ± 0.8 ^c	61.0 ± 0.4 ^d	52.0 ± 0.5 ^a	68.1 ± 0.7 ^e
a	4.4 ± 0.2 ^c	5.2 ± 0.3 ^{cd}	3.5 ± 0.1 ^b	3.2 ± 0.2 ^b	7.9 ± 0.4 ^e	2.5 ± 0.1 ^a
b	23.0 ± 0.3 ^a	23.0 ± 0.2 ^a	23.7 ± 0.4 ^{bc}	23.3 ± 0.2 ^b	23.3 ± 0.4 ^b	23.4 ± 0.3 ^b
<i>dE</i>	45.2 ± 0.6 ^d	45.7 ± 0.4 ^d	41.2 ± 0.5 ^{bc}	38.5 ± 0.6 ^b	50.4 ± 0.7 ^e	33.1 ± 0.5 ^a

716 FB1-B, bread containing fermented dough made with wheat (cv. Aubusson) bran; FB2-B, bread containing fermented dough made with wheat (cv.
717 Skorpion) bran; FB3-B, bread containing fermented dough made with wheat (cv. Bona Vita) bran from; FB4-B, bread containing fermented dough
718 made with barley (var. Rondo) bran; FB5-B, bread containing fermented dough made with emmer (var. Giovanni Paolo) bran.
719 The data are the means of three independent experiments \pm standard deviations (n = 3).
720 ^{a-e} Values in the same row with different superscript letters differ significantly (p<0.05).