Are extruded puffed foods fried?

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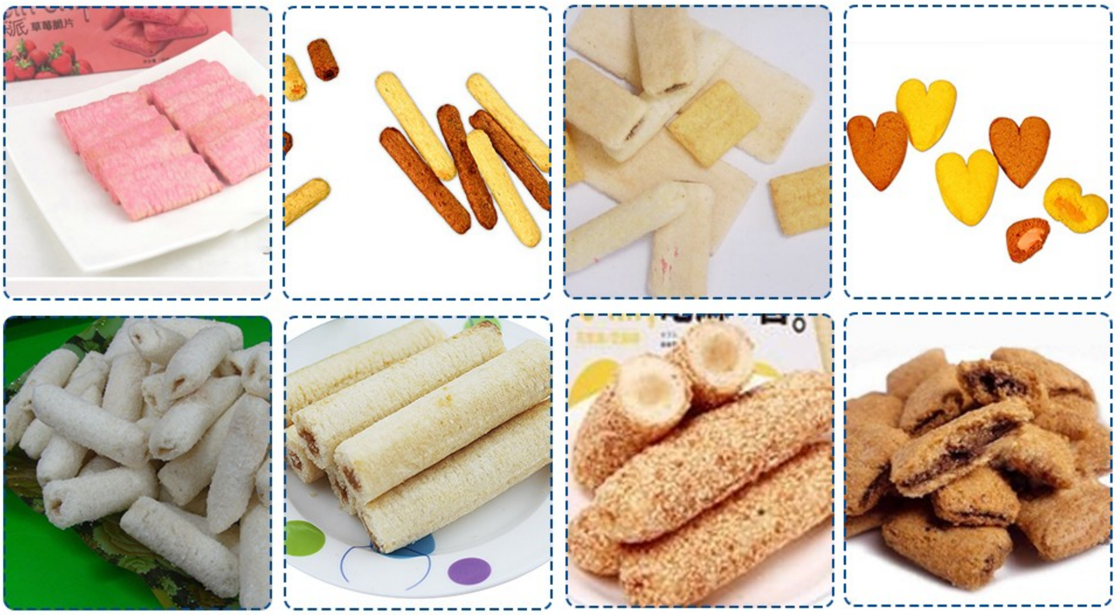
With the accelerating pace of life and increasing work pressure, consumers are increasingly demanding convenient and fast foods, creating a broad market for extruded puffed foods.

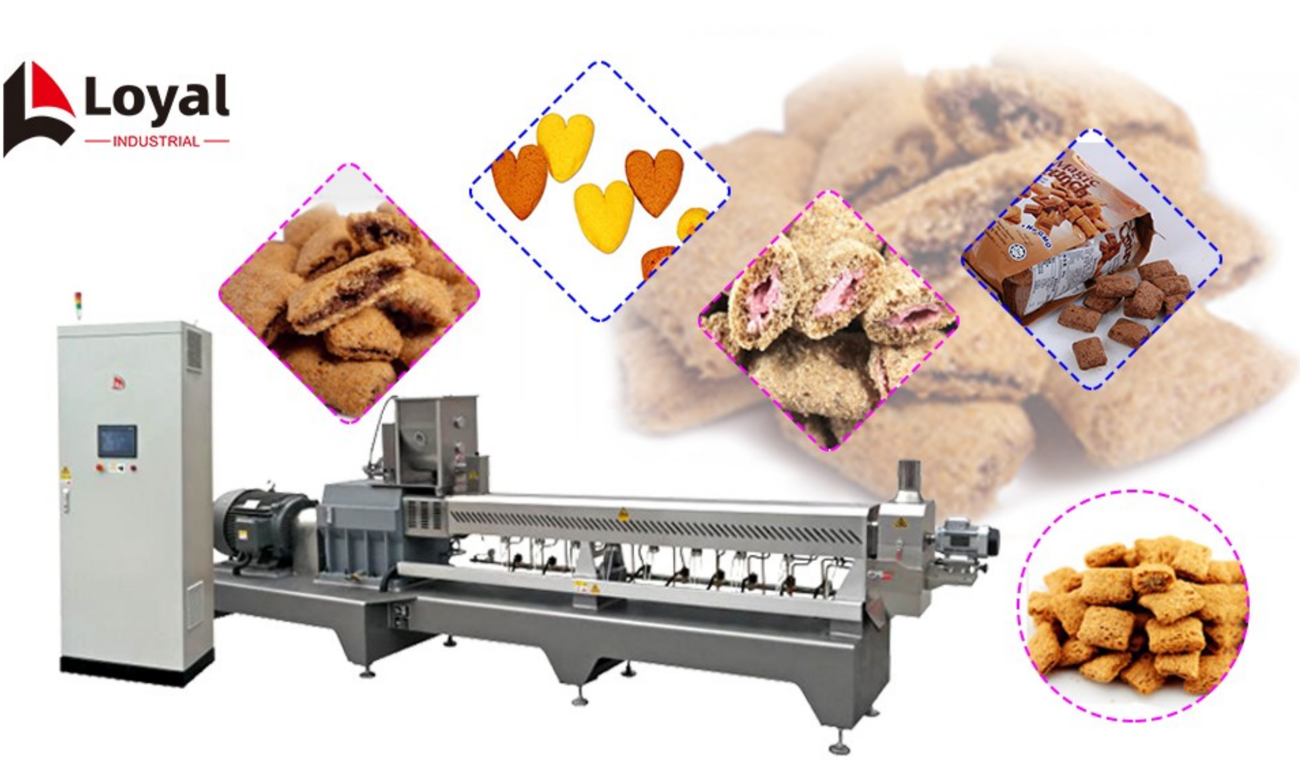
Not all extruded puffed foods are fried. Extrusion involves extruding raw materials under high temperature and high pressure using a twin-screw extruder, rapidly vaporizing the water in the raw materials and causing them to expand, thus achieving the puffing effect. During this process, the mechanical energy of the raw materials is converted into internal energy, resulting in localized high temperatures and high pressures. When the raw materials reach the discharge port, this internal energy is rapidly converted into mechanical energy, causing the food to puff up like popcorn.

Fried puffing is another common puffing method, which involves deep-frying the food at high temperatures. Fried puffed foods are typically high in calories and fat, and have a crispy, delicious texture and a rich,

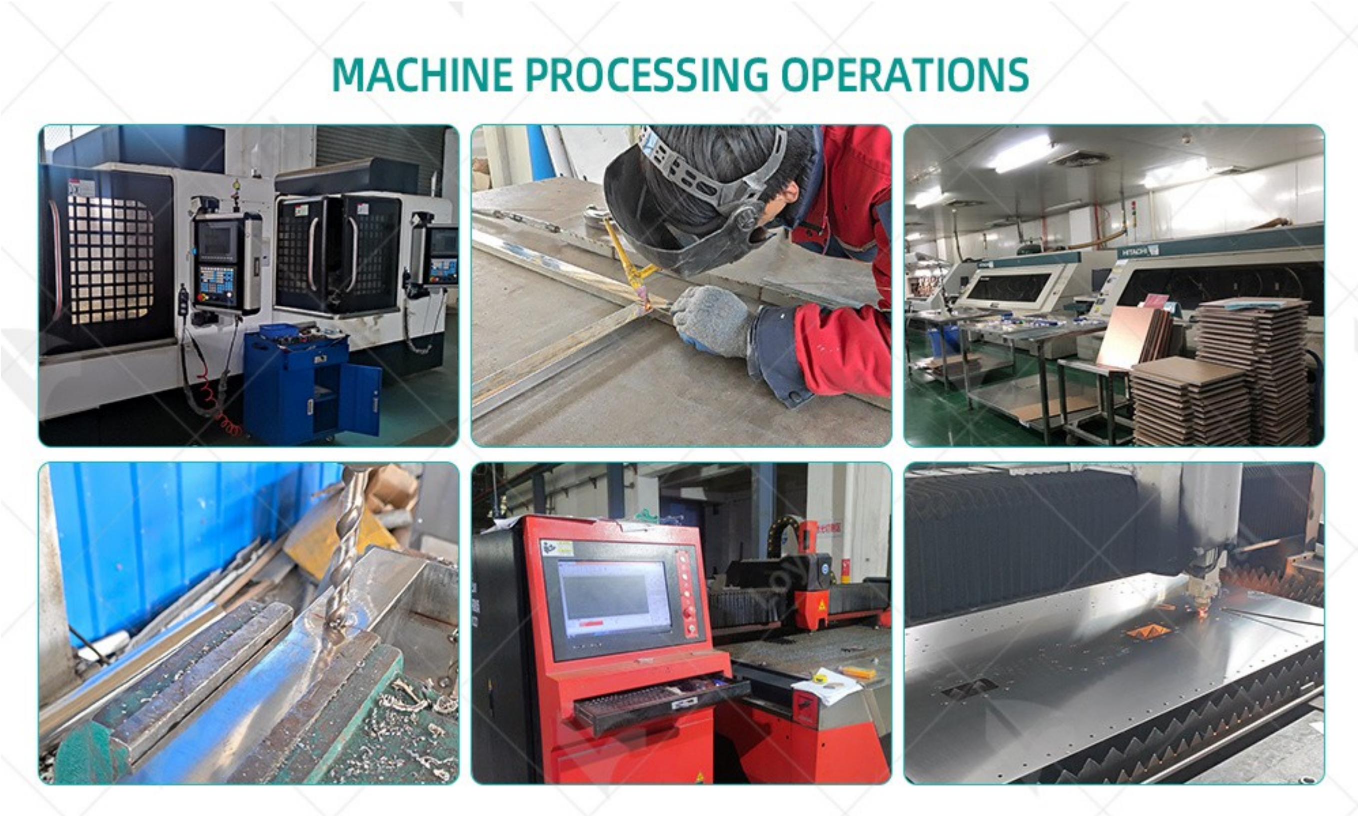


Common extruded puffed foods on the market include cereal rings, rice popcorn, and puffed rice crackers. These foods have a crispy texture, are easy to chew and digest, and generally have a lower fat content than fried puffed foods. Of course, with consumers' increasing focus on healthy eating, both extruded and fried foods are trending towards low-fat, low-salt, and low-sugar options.

oily flavor.

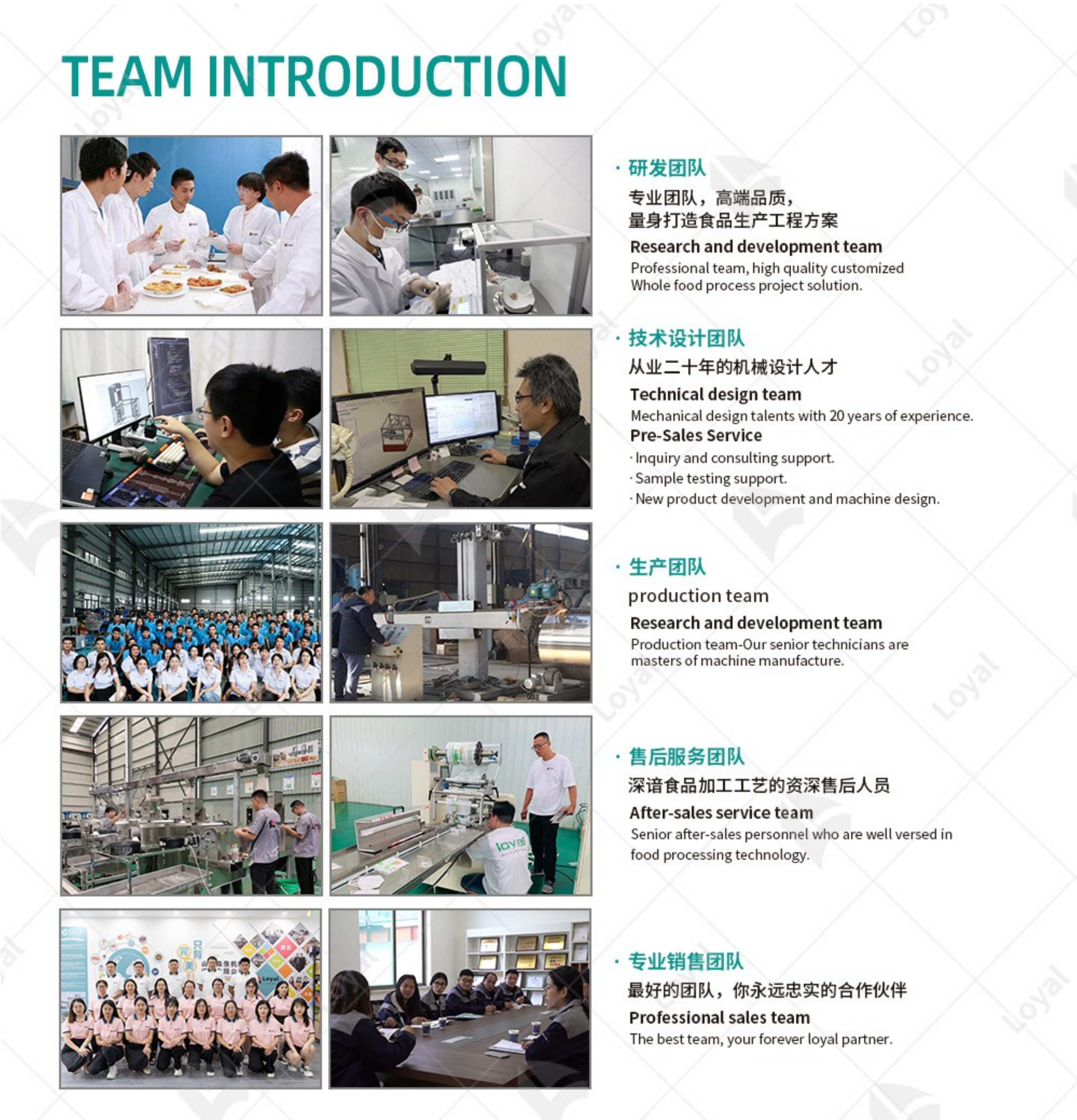


Shandong Loyal Industrial Co., Ltd. is a professional manufacturer of extrusion machinery, boasting strong design capabilities, advanced production equipment, and extensive manufacturing experience. We are dedicated to the research, development, production, and sales of highly efficient extrusion machinery and twin-screw extruders. Our products utilize internationally advanced twin-screw extrusion technology, combined with our years of experience in extrusion technology research. These products feature a wide range of raw materials, diverse product offerings, variable speed control, a high degree of automation, stable operation, and a long service life.



The company, covering a total area of ??100 mu (approximately 16 acres), serves over 5,000 customer factories worldwide, with products sold in 118 countries and regions. We have a team with over 30 years of industry experience.

Adhering to the principle that quality equals value, we strive to create a bright future together with our customers. Shandong Loyal Industrial Co., Ltd. will closely focus on the overall development strategy of "becoming a leading enterprise in the industry and creating a world brand", seize opportunities in real time, and accelerate the development of the enterprise towards innovation, green and intelligent manufacturing, with the goal of creating a great future with customers.



Reference

The following are five authoritative foreign literature websites in the field of Industrial food machinery:

1. Food Engineering Magazine

Website: https://www.foodengineeringmag.com/

2.Food Processing Magazine

Website: https://www.foodprocessing.com/

3.Journal of Food Engineering

Website:https://www.journals.elsevier.com/journal-of-food-engineering

4. Food Manufacturing Magazine

Website:https://www.foodmanufacturing.com/

5. International Journal of Food Science & Technology

Website:https://onlinelibrary.wiley.com/