

谷物食品加工中促进蛋白交联方法的应用研究进展

Application research advances of different protein cross-linking methods in cereal foods processing

陈桢芸 沈禹希 李骏杰 刘闽楠 王立

CHEN Zhen-yun SHEN Yu-xi LI Jun-jie LIU Min-nan WANG Li

(江南大学, 江苏 无锡 214026)

(Jiangnan University, Wuxi, Jiangsu 214026, China)

摘要: 蛋白交联在谷物食品加工领域中发挥着重要作用。但有关谷物蛋白交联的原理与分子作用机理尚未明确。文章综述了谷物食品加工中不同促进谷物蛋白交联的方法(包括物理交联法、化学交联法以及酶交联法)及其最新进展, 并从原理方面分析了这三大类蛋白交联方法对谷物蛋白及其相关制品结构特性的影响, 最后探讨了这三大类蛋白交联方法中可能存在的问题并进行了展望。

关键词: 谷物; 蛋白交联; 物理交联; 化学交联; 酶交联; 原理机制

Abstract: Protein crosslinking plays an important role in cereal food processing. In recent years, many studies have been carried out on the crosslinking of cereal proteins. However, it is not clear about the principles and molecular mechanisms of crosslinking of cereal proteins. In this review, three kinds of different methods, including physical cross-linking, chemical cross-linking and enzymatic cross-linking, for enhancing the crosslinking of cereal proteins in cereal food processing were summarized, and their recent advances were discussed. Moreover, the effects of the three kinds of protein crosslinking methods on the structural properties of cereal proteins and related products were analyzed. Finally, the possible problems in these three kinds of protein crosslinking methods were discussed and prospected.

Keywords: cereals; protein crosslinking; physical cross-linking; chemical crosslinking; enzymatic crosslinking; principle and mechanism

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作者简介: 陈桢芸, 男, 江南大学在读本科生。

通信作者: 王立(1978—), 男, 江南大学教授, 博士。

E-mail: wangli@jiangnan.edu.cn

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蛋白交联是指蛋白质内多肽链发生分子内或分子间交联的过程, 这个过程可以形成共价键或疏水相互作用等作用力, 使蛋白质的分子结构以及功能性质得以稳固和改善^[1]。近年来, 蛋白交联已被广泛应用于抗器官纤维化^[2]、仿生纳米材料^[3-4]、机械工程^[5]以及食品加工^[6]等领域。在上述众多领域中, 蛋白交联在食品加工尤其是谷物食品加工领域中的应用最为广泛, 如无麸质制品中常使用促进蛋白交联的方法形成稳定的空间网络结构, 使其营养成分得到有效保留、产品质构得到稳定^[7]。目前在谷物食品加工中促进蛋白交联的方法有很多, 例如超声波促进蛋白交联^[8]、碱诱导蛋白质交联^[9]和谷氨酰胺转氨酶促进蛋白交联^[10]等。

研究拟综述物理交联法、化学交联法以及酶交联法 3 种类型促进蛋白交联的方法及其在谷物食品加工中的作用, 并对这 3 种类型蛋白交联方法中可能存在的问题进行分析与展望, 以期蛋白交联法在谷物食品加工中的开发与应用提供参考。

1 物理交联法

谷物食品加工中的物理交联法是通过外力或者温度变化来改变蛋白质内部结构, 使蛋白质分子之间形成二硫键和疏水相互作用, 促使蛋白质产生交联。目前常用的物理交联法主要包括超声波、非热等离子体以及高静水压等。

1.1 超声波

超声波促进蛋白交联法是指利用超声波引发蛋白质分子的粒子机械振动, 使蛋白质分子之间发生诱导剪切、空化以及聚合等反应, 促进蛋白质分子之间作用力重新形成, 使蛋白交联更加有序, 最终改善产品的结构与品质。研究^[11]表明, 超声波可以促使蛋白质的片状结构拉伸, 进而增强蛋白质分子之间的相互作用, 从而提高蛋白质的泡沫稳定性、持水能力以及持气能力。Zhang 等^[12]

发现对小麦粉进行超声波(23.08 W/L)处理 30 min 后,小麦粉谷蛋白中 β -折叠含量上升 4.4%、 β -转角含量下降 4.5%,这种由 β -转角向 β -折叠的转化使得小麦面团中网络更加完整有序。Luo 等^[13]发现同样在 23.08 W/L 下使用超声波对小麦粉处理 50 min 后,小麦面团的硬度下降了 22.4%,推测主要原因是小麦面团蛋白质分子之间更容易碰撞并进行交联从而增强了面团的韧性。同时,超声波促进蛋白交联也被运用到了无麸质食品中,杨晓清等^[14]发现在使用 400~450 W 的超声波对调质米粉处理 15~20 min 后,调质米粉中的蛋白质形成了更加坚固的网络结构,且调质米粉的回生值降低了 20 mPa·s 左右,热稳定性得到增强。以上研究表明,超声波促进蛋白交联的条件虽对环境友好,但是该交联过程会造成蛋白质结构的破坏与重组,易导致蛋白质变性,因此,如何选用较优超声波工艺条件仍有待研究。

1.2 非热等离子体

非热等离子体属于低温等离子体,是在低于 60 ℃ 的条件下产生的一种非平衡等离子体,常用于生成等离子体的气体有大气、氧气、氩气和二氧化碳^[15-16]。大气是最常用于产生非热等离子体的气体,成本低,且其中的活性氧和氮可以与食物成分相互作用,产生新官能团从而改变食品的结构和物理化学性质^[17]。谷物食品加工中,非热等离子体常氧化谷物食品中的游离巯基形成二硫键,促进蛋白质分子之间产生交联。Misra 等^[18]发现低筋小麦粉在经非热等离子体处理后,其中的二硫键含量增加,且 α -螺旋与 β -转角含量分别增加了近 2% 和 1%,进而增强了小麦面团的面筋强度和黏弹性。Zare 等^[19]通过对藜麦粉进行 10 kV 的非热等离子体处理,发现处理 60 min 后,藜麦粉的复数模量增加了近 3.8 MPa,阻尼系数下降了 0.029,藜麦粉的流变特性得到改善,推测是由于非热等离子体的氧化作用,使得藜麦粉蛋白质分子之间产生了二硫键而使蛋白交联更加紧密。然而,长时间的非热等离子体处理会使食品中的脂质成分氧化,产生醛、酮和酸等具有不良风味的产物,导致食品品质下降。因此,为保证谷物食品品质,可以考虑在非热等离子体处理前加入适量的抗氧化剂。

1.3 高静水压

高静水压是一种在间歇或半连续系统中运行的加工技术,具体是将真空包装产品装入一个高压室,通过传递介质将压力传递到整个材料,接着对腔室进行压缩,使产品和压缩液的温度以 3 ℃/100 MPa 的速率提高,由于压力在所有方向上均匀施加,因此食品整体外观不会受到影响^[20]。该技术可用于液体和固体食品,压力范围为 50~900 MPa^[21]。谷物食品加工中,高静水压通过高压使氨基酸侧链基团展开或部分变形,进而增加蛋白质分子中游离巯基的反应性,游离巯基更易氧化成二硫键,从而强化面筋网络结构。Yao 等^[22]发现小麦面筋经高静水压处理后,游离巯基会氧化形成分子间二硫键,从而促进蛋白质分子之间的交联。Zhang 等^[23]发现在 100 MPa 和 300 MPa 静水压处理下,由于麦谷醇溶蛋白中的游离巯基被氧化形成分子间二硫键,游离巯基含量分别下降了 13.40%,22.74%,二硫键的形成更好地促进了蛋白质的交联。综合看来,高静水压促进蛋白交联的原理是其通过促进蛋白质分子之间形成二硫键,进而增强谷物食品的稳定性和流变特性。但高静水压处理必须保持在合适的压力范围内(一般为 50~200 MPa),一旦超过了 200 MPa,可能会导致谷物食品中蛋白质或其他组分的分子结构发生不可逆的损坏,另外,针对不同谷物食品的特性选择适宜的压力范围也有待于进一步研究。

1.4 其他物理交联法

在谷物食品加工过程中,还用到其他一些物理交联法,包括高压均质、紫外线、改变硫化温度等(见表 1),其作用原理一般是运用某种物理因素改变谷物蛋白质分子结构,促进蛋白质分子间二硫键的形成,使蛋白质分子之间的交联更加紧密,进而提升谷物食品品质。

2 化学交联法

谷物食品加工中的化学交联法是指选用合适的蛋白交联剂,通过化学反应促进谷物蛋白质之间更加紧密地交联,进而改善谷物食品的品质,目前使用较多的交联剂主要包括葡萄籽低聚原花青素、柠檬酸及抗坏血酸等。

2.1 低聚原花青素

近年来研究发现,低聚原花青素在预防代谢性疾

表 1 其他物理交联方法在谷物食品加工中的应用

Table 1 Application of other physical crossing-linking methods in cereal foods processing

方法	样品	现象	结果	参考文献
高压均质	藜麦蛋白	游离巯基含量增加 14 $\mu\text{mol/L}$	藜麦蛋白构象稳定性增强	[24]
紫外线	小麦粉	二硫键和巯基转化反应增强	面筋结构更加紧密、凝聚性更强	[25]
改变硫化温度	小麦麸质蛋白	硫化温度由 130 ℃ 增至 160 ℃,交联反应常数增加 0.6 min^{-1}	小麦麸质蛋白的交联度增大	[26]
臭氧化	小麦面团	麸质蛋白聚合物比例提高 0.1 左右	面粉韧性和延展性提高	[27]

病^[28]、肥胖^[29]、心血管疾病^[30]等方面有着重要的作用,同时,因其绿色、安全以及高度的生物相容性常被用作谷物蛋白的交联剂。低聚原花青素中的酚羟基可以与面筋蛋白中的游离氨基发生反应,从而促进蛋白交联。孟莹等^[31]发现当葡萄籽低聚原花青素添加量为 0.4% 时,小麦面团中游离氨基含量相较于对照组下降了近 56%,推测低聚原花青素参与了面筋蛋白的交联。宋英石^[32]发现向小麦面团中加入 0.3% 低聚原花青素时,小麦面团中游离巯基含量相较于对照组下降了近 16%,推测是由于低聚原花青素促进了游离巯基向二硫键的转化。有报道^[33]显示,低聚原花青素在巯基与二硫键的转化反应中被氧化生成邻醌,邻醌通过亲核反应促使游离巯基向二硫键转化,使面筋蛋白结构紧密。综上所述,低聚原花青素可以通过与游离氨基进行反应或以邻醌的形式促进蛋白交联,也有研究^[34]表明,低聚原花青素可以与麸质形成不聚原花青素—蛋白质复合物,进而促进麸质之间更强的交联,但这 3 种促进蛋白交联途径的分子机理还有待于深入研究。

2.2 柠檬酸

柠檬酸具有多羧基和羟基基团结构,有助于催化各种生物分子间的结合,是良好的蛋白交联剂^[35-36],且交联度可以被较好的控制^[37]。研究^[38]表明,柠檬酸可以促进非酸性条件下乳清分离蛋白质分子之间形成二硫键,加强蛋白质的交联。在谷物食品的加工中,柠檬酸促进蛋白交联的分子机理有以下 3 种推测(见图 1):① 柠檬酸加热时会自行脱水形成柠檬酸酐,与谷物氨基酸中的羟基发生反应,形成有柠檬酸修饰的麸质蛋白,该修饰部位可以通过脱酰胺作用与其他蛋白质分子进行交联^[39];② 当有柠檬酸钠生成时,体系 pH 升高,接近谷物蛋白的等电点(麦醇溶蛋白 pH 8.1;麸质 pH 7.1),蛋白分子之间的斥力减小,促进形成共价和非共价相互作用,进而增加蛋白质的交联^[40];③ 当生成柠檬酸钠时,柠檬酸钠可以

氧化谷物蛋白中的游离巯基,从而促进二硫键的形成,加强蛋白质分子之间的交联^[41]。柠檬酸不仅可以促进谷物蛋白质分子的交联,也可以促进其他成分与谷物蛋白质分子交联。Nataraj 等^[42]发现,柠檬酸可以通过消耗体系中的羟基和氨基来促进小麦面筋与香蕉纤维之间的交联。虽然已有许多研究证实柠檬酸能显著促进谷物蛋白交联,但其具体作用机制还有待于进一步研究。

2.3 抗坏血酸

抗坏血酸,即维生素 C,具有 L-苏式-抗坏血酸、L-赤式-抗坏血酸、D-苏式-抗坏血酸、D-赤式-抗坏血酸 4 种结构^[43],其中 L-苏式-抗坏血酸是最有效的面团改良剂。抗坏血酸在促进谷物蛋白交联方面有着很多的应用,魏晓明等^[44]发现向荞麦面条中添加 100 mg/kg 的抗坏血酸,能促进蛋白交联形成致密且连续的网络结构,该结构使淀粉颗粒被充分包裹,减少可溶性淀粉的溶出,使得荞麦面条蒸煮损失降低 0.8% 左右。Chompoorat 等^[45]发现在加热条件下,向麸质中添加 100 mg/kg 抗坏血酸时, α -螺旋、 β -片层和无规则卷曲含量增加,促进了麸质的交联。抗坏血酸在改善谷物食品品质方面虽有着广泛的应用,但是抗坏血酸促进蛋白交联的分子机理仍有待研究。目前,存在 3 种推测^[46],包括:① 抗坏血酸被氧气或内源性抗坏血酸氧化酶氧化成脱氢抗坏血酸,与谷胱甘肽在脱氢抗坏血酸还原酶的催化下反应,从而阻碍了谷胱甘肽将二硫键还原成游离巯基,增强了谷物蛋白质分子之间的交联;② 抗坏血酸与脱氢抗坏血酸诱导蛋白质二硫异构酶参与二硫键的形成,增强谷物蛋白质分子之间的交联;③ 抗坏血酸被氧化的过程中会产生氧自由基或者超氧阴离子自由基,这两种自由基能参与面筋蛋白的游离巯基—二硫键转化反应,从而调节面团的流变特性。

2.4 其他化学交联剂

除了上述几种化学交联剂,谷物食品加工中经常使

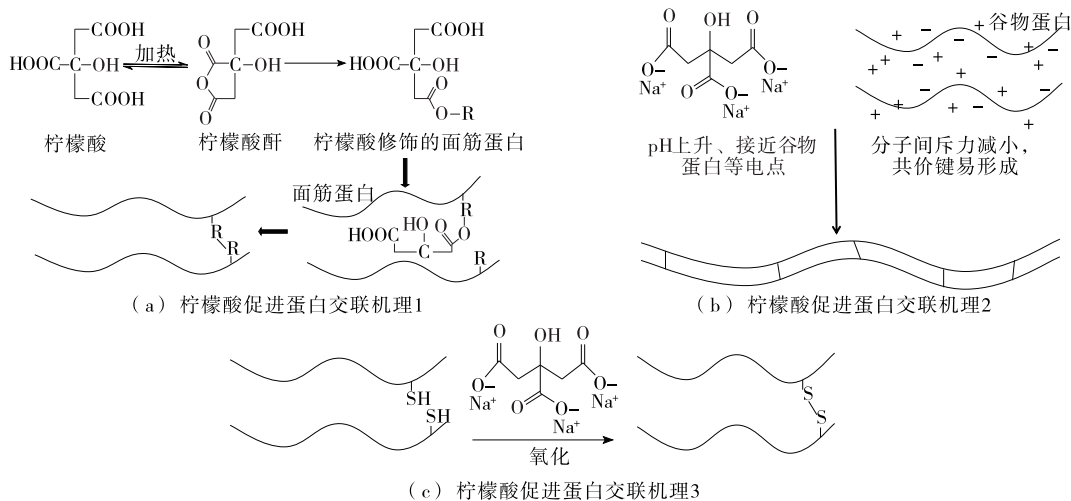


图 1 柠檬酸促进谷物蛋白交联机理推测

Figure 1 Speculation on the mechanism of citric acid promoting grain protein cross-linking

用的还有偶氮二甲酰胺、京尼平^[47]等化学交联剂。其中,偶氮二甲酰胺作用于谷物蛋白时会产生双脲、氨基脲以及聚氨酯3种副产物。这3种副产物会对人体产生潜在的健康风险,许多国家已经限制或禁止了偶氮二甲酰胺的使用。

3 酶交联法

谷物食品加工中促进蛋白交联的酶交联法是指选用合适的酶催化谷物蛋白质分子之间的交联反应。近年来,有关酶促进蛋白交联的报道已有很多,主要包括谷氨酰胺转氨酶、漆酶、葡萄糖氧化酶等外源酶,以及酪氨酸酶、小麦蛋白二硫异构酶、巯基氧化酶等内源酶^[48]。其中谷氨酰胺转氨酶、漆酶、葡萄糖氧化酶和蛋白质二硫异构酶的使用较为广泛。

3.1 谷氨酰胺转氨酶

谷氨酰胺转氨酶(Transglutaminase, TG)通常用于催化蛋白质分子之间的共价交联,来源广泛且催化效率高,被广泛应用于食品行业^[49-50]。TG促进蛋白交联的分子机理可以分为两个阶段:首先是在酶的催化下,肽结合谷氨酰胺残基,生成共价酰基酶中间体,并生成氨;其次是该酶中间体与第二种蛋白质游离氨基发生反应,生成 ϵ -(γ -谷氨酰)赖氨酸同肽键和 ϵ -(γ -谷氨酰胺)。谷物蛋白中的谷氨酰胺含量较高,为TG促进蛋白交联提供了足够的作用底物。Zheng等^[51]发现向复合荞麦面团中添加4 mg TG后,面团弹性值增加了0.6%,黏聚性提升了8.1%,复合荞麦面团中面筋网络结构强度得到了增强,面团更加紧密。Zhu等^[52]研究发现,向大麦面条中加入1.5% TG后能促进高分子量蛋白聚集体的形成,进而形成稳定的蛋白质二级结构,减少蒸煮过程中淀粉的渗出。但由于谷物蛋白中赖氨酸含量较少,所以在添加TG的基础上加入赖氨酸含量较高的大豆蛋白等外源蛋白,可以更好地改善谷物食品品质^[53]。同时,在使用TG改善谷物食品特性时,需要注意TG的添加量。Han等^[54]发现当荞麦粉中TG的添加量从1.0%增加到1.5%时,荞麦的存储模量呈下降趋势,推测是由于荞麦粉中的谷氨酰胺含量相对赖氨酸含量较低,TG催化反应受限。因此,谷氨酰胺转氨酶虽然在促进谷物蛋白交联方面有着积极的作用,且联合赖氨酸含量较高的外源蛋白可以更好地促进谷物蛋白的交联,但针对不同谷物食品的具体用量仍需要进一步探索。

3.2 漆酶

漆酶(Laccase, LAC)是一种活性位点含有4个铜原子的含铜离子酶,具有高催化性和广泛的基底范围^[55]。LAC促进蛋白交联分子机理可以分为3种:①催化肽链上的残基或酚类物质氧化生成酚自由基,酚自由基自发聚合促进蛋白交联^[56];②氧化谷物蛋白中的游离巯基形成分子间二硫键,促进蛋白交联^[57];③催化酪氨酸和含酪氨酸肽氧化形成二酪氨酸键,促进蛋白交联^[58],以第一

种分子机理占主导地位。谷物食品加工中,富含酚类化合物的谷物蛋白都是LAC潜在作用底物^[59]。Fan等^[60]发现在LAC促进黑青稞蛋白交联的过程中,涉及上述3种机理,由于黑青稞中酚类物质含量高,所以由酚自由基自发聚合所诱导的蛋白质交联占据了主导地位,且交联后黑青稞的体外淀粉消化率从96.27%下降到25.60%。贾潇等^[61]研究发现,当大米蛋白与阿魏酸经漆酶催化交联后, α -螺旋与 β -转角含量分别降低了近13%和2%,无规则卷曲含量增加了11%, β -折叠含量增加了近4%,大米蛋白的抗氧化性有了很大的提升。虽然漆酶有着良好的催化氧化能力,但仍存在稳定性差的问题。

3.3 葡萄糖氧化酶

葡萄糖氧化酶(Glucose oxidase, GOX)由某些真菌、昆虫和植物产生^[62],能以分子氧为电子受体,特异性催化 β -D-葡萄糖产生过氧化氢和葡萄糖酸,所产生的过氧化氢可以氧化游离巯基形成二硫键^[63]。研究^[64]表明GOX可以显著改善面筋网络结构:一方面是因为过氧化氢氧化游离巯基形成二硫键,促进了蛋白交联;另一方面,过氧化氢可以被谷物中天然存在的过氧化物酶转化成自由基,该自由基可以和谷物蛋白中的半胱氨酸残基、酪氨酸残基以及阿魏酸形成网络结构。Niu等^[65]研究发现在全麦面团中添加1.5 U/g GOX能显著降低游离巯基的含量,并且面团蛋白高分子聚合物的含量随之上升,面团强度增强。同时,GOX的加入也可以改善面团的褐变程度,Yang等^[66]发现添加0.001% GOX使面团的褐变指数降低了5.20。GOX在催化过程中产生的过氧化氢存在产物抑制,降低GOX的催化活性。所以在谷物食品加工中不能一次性添加大量GOX,否则将会积累过多的过氧化氢,导致GOX的催化活性降低。因此,GOX添加量的限制将会是加工工艺中提高生产能力时所面临的重要问题。

3.4 蛋白质二硫异构酶

蛋白质二硫异构酶(Protein disulfide isomerase, PDI)在小麦之中天然存在,据报道^[67],小麦中大多数蛋白分子间和分子内的二硫键都是通过PDI催化形成的。PDI不仅可以直接催化二硫键的形成,也可以通过与脱氢抗坏血酸反应生成氧化型PDI,从而氧化游离巯基生成二硫键^[68]。目前PDI作为潜在的酶交联剂,在谷物食品加工中有着广泛的应用。Gao等^[69]发现PDI可以增强高分子量谷蛋白亚基1Dx5中重复结构域的折叠,从而缩短该结构域的两个末端之间的距离,因此这种作用提高了二硫键形成的可能性。Zhao等^[70]发现PDI催化形成的二硫键具有更高的流变活性,这使得PDI促进蛋白交联的效果相比于抗坏血酸和偶氮二甲酰胺等化学交联剂更好。总体看来,PDI作为一种天然存在的内源性酶,安全且具有高度的生物相容性,并可以通过多种途径促进谷物蛋白的交联。因此,相较于其他酶交联剂,PDI是目前最有潜力的酶交联剂。

3.5 其他酶交联剂

除了上述 4 种主要的酶交联剂,还存在着许多酶交

联剂,如巯基氧化酶、酪氨酸酶以及过氧化氢酶等,其交联机理见表 2。

表 2 其他酶交联剂在谷物食品加工中的分子机理

Table 2 Molecular mechanism of other enzymatic cross-linking agents in cereal food processing

酶促蛋白交联剂	酶促蛋白交联机理	作用结果	参考文献
巯基氧化酶	氧化游离巯基,形成二硫键	强化面筋网络结构,改善面粉粉质特性	[71]
酪氨酸酶	氧化酚酸成醌,并与半胱氨酸残基结合,促进蛋白交联	强化麸质网络	[72]
过氧化氢酶	分解 H ₂ O ₂ ,生成 O ₂ ,从而氧化游离巯基,促进蛋白质分子间二硫键的形成	强化面团结构,增加麸质聚合物	[73]

4 总结与展望

目前对谷物食品加工中促进蛋白交联的方法主要分为物理交联法、化学交联法、酶交联法三大类,它们虽各有优势,但也存在不足:① 物理交联法可能会涉及蛋白质结构的破坏与重组,进而引起蛋白质的变性,为了在实现蛋白交联的同时,维持蛋白质的结构,可对该方法进行更深入的研究;② 化学交联法往往伴随着次级产物的产生,鉴于这些次级产物可能产生消极影响,还需进一步研究和解决其带来的健康问题;③ 酶交联法是目前应用最广泛的方法,但该方法需要专一性强、特异性高的酶。

综合以上问题,选择天然、高生物兼容性的蛋白交联剂将成为谷物食品加工中的一大趋势。例如植物源性的低聚原花青素、京尼平和柠檬酸等;又或是生物内源性酶。但这些物质促进蛋白交联的作用机理尚未明确。随着蛋白交联技术的不断开发,绿色、安全、高效的蛋白交联方法会愈发成为改善谷物食品品质的热点。

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