

STUDY REGARDING THE NUTRITIONAL QUALITY OF MANGALITSA MEAT

**B.-P. Popa (Tihiniuc-Popa)^{1*}, M.-A. Dănciug (Rotaru)¹, C. Nistor¹,
E.O. Rosca (Parfenie)¹, B. Păsărin¹**

¹*Ion Ionescu de la Brad Iasi University of Life Sciences, Romania*

**e-mail: popabia14@yahoo.com*

Abstract

The Mangalitsa breed is known as a breed with superior quality properties from which unique and high-quality meat products can be manufactured. Mangalitsa is one of the most well-known breeds of rustic pigs popular in Europe. [1]

This type of breed is a characteristic representative of a fat pig breed, so that of the total body weight, the majority is represented by adipose tissue in a proportion of 65-70%, and the remaining 30-35% by muscle tissue.

Mangalitsa pork is an extraordinary source of vitamins and trace elements, providing between 10% (vitamin B5) and 65% (vitamin B1) of the recommended daily dose. At the same time, it is also an excellent source of various soluble vitamins necessary for the development of a healthy metabolism, such as Vitamin B3, B6, B7 and B12. The minerals found in pork are in the proportion of 9%, represented by iron and 36% of zinc from the recommended daily dose, as well as phosphorus and magnesium.

The fat content found in meat from Mangalitsa pigs is 12-16% less for saturated fatty acids and 8-10% higher for unsaturated fatty acids than in modern pig breeds.

*When consumed in weighted quantities, **Mangalitsa pork is an excellent source of energy**, with beneficial effects on the skin, eyes, nervous system, bones.*

Key words: Mangalitsa, meat, vitamins, minerals, meat