

# What is the difference between fried food and puffed food?

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## **First look at the principle of frying and puffing:**

### 1. The principle of frying

During the frying process, convective heat exchange will be carried out to promote the maturation of the food. The heated fat and materials will undergo convective circulation. The food floating on the right receives the strong convection of the boiling fat, and part of the heat is absorbed by the food to increase the internal temperature. Water evaporates when heated. Compared with water, the temperature of fat is higher. Food is surrounded by fat and heated. Under high temperature, the food matures quickly.

### 2. The principle of puffing

Puffing is the use of phase change and the principle of gas thermal pressure effect to make the liquid inside the processed material rapidly heat up, vaporize, pressurize and expand, and rely on the expansion force of the gas to drive the structural modification of the polymer substance in the component, so that it becomes The characteristics of the network structure, the process of shaping porous substances.



## The difference between fried snacks and puffed snacks:

### 1. Different ingredients

The raw material of puffed food is the plant raw material rich in protein that is extruded at high temperature for a short time, the protein is completely denatured, and the tissue structure becomes porous, which is convenient for contact with human digestive enzymes, thereby improving the utilization and digestibility of protein. The product is not easy to regenerate.

Fried foods contain acrylamide, which is a small organic compound with a simple structure. It is a transparent crystalline solid, which can be dissolved in water, and is easily polymerized when it reaches the melting point. It can also be polymerized under ultraviolet light.

### 2. Different roles

Puffed food uses cereals as the main raw material, adds amino acids, proteins, minerals, vitamins, food colorings and flavors, etc., and is processed by puffing extrusion technology to achieve the purpose of strengthening food. Because extrusion is performed instantaneously at high temperatures, so there is almost no loss of nutrients.

Fried foods are crispy and delicious, with a strong fragrance. They are deeply loved by people. They can increase appetite and provide the human body with the nutrients they need. However, fried foods are not easy to digest. Frequent eating of fried foods is bad for your health. It should be reasonable. Intake.

### 3. Different classification

Puffed foods are exquisite in appearance, nutritious, rich in variety, and unique, forming a large category of foods. They can be divided into fried puffs, such as fried potato chips, fried potato chips, etc.; baked puffs, such as Wangwang snow cakes , Wangwang senbei, etc.; extrusion, such as wheat rings, shrimp crackers, etc.; pressure expansion, such as popcorn, etc.

There are also many types of fried snacks. [Fried Snack Production Line](#) can produce many types of fried snacks, which can be divided into fried fruits, fried vegetables, fried cooked foods, fried meats, and fried noodles. There are five categories, each of which contains a variety of styles and features.



Fried food is also a unique cuisine. There are a lot of fried food in various countries and regions. The emergence of **Fried Snack Production Line** has promoted the development of the fried food industry. Fried food is delicious, but there are also disadvantages. You should not eat more in your daily life. When eating, you should also pay attention to choosing healthy fried foods.

Generally speaking, puffed food in a broad sense refers to the use of deep-frying, squeezing, sand-frying, microwave and other technologies as the curing process. After pressurization and heating treatment, the volume of the raw material itself is expanded, and the internal structure of the food is also changed. , Processed and shaped foods, so fried foods are also a kind of puffed foods.