Elena PeÃ±as

List of Publications by Year
in descending order

82	3,388	101543	155660
papers	citations	36 h-index	55 g-index

82	82	82	3699
all docs	docs citations	times ranked	citing authors

#	Article	IF	Citations
1	Pseudocereal grains: Nutritional value, health benefits and current applications for the development of gluten-free foods. Food and Chemical Toxicology, 2020, 137, 111178.	3.6	161
2	High-pressure improves enzymatic proteolysis and the release of peptides with angiotensin I converting enzyme inhibitory and antioxidant activities from lentil proteins. Food Chemistry, 2015, 171, 224-232.	8.2	140
3	Fermentation enhances the content of bioactive compounds in kidney bean extracts. Food Chemistry, 2015, 172, 343-352.	8.2	125
4	Identification, functional gastrointestinal stability and molecular docking studies of lentil peptides with dual antioxidant and angiotensin I converting enzyme inhibitory activities. Food Chemistry, 2017, 221, 464-472.	8.2	114
5	Health benefits of oat: current evidence and molecular mechanisms. Current Opinion in Food Science, 2017, 14, 26-31.	8.0	111
6	High hydrostatic pressure effects on immunoreactivity and nutritional quality of soybean products. Food Chemistry, 2011, 125, 423-429.	8.2	87
7	Influence of Fermentation Conditions on Glucosinolates, Ascorbigen, and Ascorbic Acid Content in White Cabbage (Brassica oleracea var. capitata cv. Taler) Cultivated in Different Seasons. Journal of Food Science, 2009, 74, C62-7.	3.1	84
8	Effects of combined high pressure and enzymatic treatments on the hydrolysis and immunoreactivity of dairy whey proteins. International Dairy Journal, 2006, 16, 831-839.	3.0	82
9	Time dependence of bioactive compounds and antioxidant capacity during germination of different cultivars of broccoli and radish seeds. Food Chemistry, 2010, 120, 710-716.	8.2	81
10	Savinase, the Most Suitable Enzyme for Releasing Peptides from Lentil (Lens culinaris var.) Tj ETQq0 0 0 rgBT /Overlock 10 Tf 50 3 Chemistry, 2014, 62, 4166-4174.	5.2	81
11	High pressure and the enzymatic hydrolysis of soybean whey proteins. Food Chemistry, 2004, 85, 641-648.	8.2	80
12	Enzymatic proteolysis, under high pressure of soybean whey: Analysis of peptides and the allergen Gly m 1 in the hydrolysates. Food Chemistry, 2006, 99, 569-573.	8.2	80
13	Influence of Drying by Convective Air Dryer or Power Ultrasound on the Vitamin C and Î²-Carotene Content of Carrots. Journal of Agricultural and Food Chemistry, 2010, 58, 10539-10544.	5.2	75
14	Simultaneous release of peptides and phenolics with antioxidant, ACE-inhibitory and anti-inflammatory activities from pinto bean (Phaseolus vulgaris L. var. pinto) proteins by subtilisins. Journal of Functional Foods, 2015, 18, 319-332.	3.4	72
15	Effect of germination and elicitation on phenolic composition and bioactivity of kidney beans. Food Research International, 2015, 70, 55-63.	6.2	70
16	Sprouted Barley Flour as a Nutritious and Functional Ingredient. Foods, 2020, 9, 296.	4.3	69
17	Effects of combined microwave and enzymatic treatments on the hydrolysis and immunoreactivity of dairy whey proteins. International Dairy Journal, 2008, 18, 918-922.	3.0	66
18	Application of high-pressure treatment on alfalfa (Medicago sativa) and mung bean (Vigna radiata) seeds to enhance the microbiological safety of their sprouts. Food Control, 2008, 19, 698-705.	5.5	61

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19	Role of buckwheat diet on rats as prebiotic and healthy food. Nutrition Research, 2003, 23, 803-814.	2.9	60
20	Optimization of germination time and temperature to maximize the content of bioactive compounds and the antioxidant activity of purple corn (Zea mays L.) by response surface methodology. LWT - Food Science and Technology, 2017, 76, 236-244.	5.2	59
21	Impact of fermentation conditions and refrigerated storage on microbial quality and biogenic amine content of sauerkraut. Food Chemistry, 2010, 123, 143-150.	8.2	58
22	High pressure can reduce the antigenicity of bovine whey protein hydrolysates. International Dairy Journal, 2006, 16, 969-975.	3.0	56
23	Assessment of the nutritional quality of raw and extruded Pisum sativum L. var. laguna seeds. LWT - Food Science and Technology, 2011, 44, 1303-1308.	5.2	53
24	Se improves indole glucosinolate hydrolysis products content, Se-methylselenocysteine content, antioxidant capacity and potential anti-inflammatory properties of sauerkraut. Food Chemistry, 2012, 132, 907-914.	8.2	53
25	Role of elicitation on the health-promoting properties of kidney bean sprouts. LWT - Food Science and Technology, 2014, 56, 328-334.	5.2	53
26	Enhancement of biologically active compounds in germinated brown rice and the effect of sun-drying. Journal of Cereal Science, 2017, 73, 1-9.	3.7	53
27	Effects of combined treatments of high pressure, temperature and antimicrobial products on germination of mung bean seeds and microbial quality of sprouts. Food Control, 2010, 21, 82-88.	5.5	52
28	High-Pressure-Assisted Enzymatic Release of Peptides and Phenolics Increases Angiotensin Converting Enzyme I Inhibitory and Antioxidant Activities of Pinto Bean Hydrolysates. Journal of Agricultural and Food Chemistry, 2016, 64, 1730-1740.	5.2	52
29	Development of a multifunctional yogurt-like product from germinated brown rice. LWT - Food Science and Technology, 2019, 99, 306-312.	5.2	46
30	High hydrostatic pressure can improve the microbial quality of sauerkraut during storage. Food Control, 2010, 21, 524-528.	5.5	44
31	Chemical Evaluation and Sensory Quality of Sauerkrauts Obtained by Natural and Induced Fermentations at Different NaCl Levels from Brassica oleracea Var. capitata Cv. Bronco Grown in Eastern Spain. Effect of Storage. Journal of Agricultural and Food Chemistry, 2010, 58, 3549-3557.	5.2	44
32	Biochemical and Immunochemical Characterization of Different Varieties of Amaranth (Amaranthus L.) Tj ETQq0 0 0 rgBT /Overlock 10 T 59, 12969-12974.	5.2	44
33	Sprouted oat as a potential gluten-free ingredient with enhanced nutritional and bioactive properties. Food Chemistry, 2021, 338, 127972.	8.2	41
34	White cabbage fermentation improves ascorbigen content, antioxidant and nitric oxide production inhibitory activity in LPS-induced macrophages. LWT - Food Science and Technology, 2012, 46, 77-83.	5.2	40
35	Response surface optimisation of germination conditions to improve the accumulation of bioactive compounds and the antioxidant activity in quinoa. International Journal of Food Science and Technology, 2018, 53, 516-524.	2.7	39
36	Biochemical and Immunochemical Evidences Supporting the Inclusion of Quinoa (Chenopodium quinoa) Tj ETQq0 0 0 rgBT /Overlock 10	3.2	38

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37	Bioactive Compounds, Myrosinase Activity, and Antioxidant Capacity of White Cabbages Grown in Different Locations of Spain. Journal of Agricultural and Food Chemistry, 2011, 59, 3772-3779.	5.2	35
38	Differential Gene Expression by Lactobacillus plantarum WCFS1 in Response to Phenolic Compounds Reveals New Genes Involved in Tannin Degradation. Applied and Environmental Microbiology, 2017, 83, .	3.1	35
39	Allergenic Proteins in Enology: A Review on Technological Applications and Safety Aspects. Molecules, 2015, 20, 13144-13164.	3.8	34
40	Effect of Dry Heat Puffing on Nutritional Composition, Fatty Acid, Amino Acid and Phenolic Profiles of Pseudocereals Grains. Polish Journal of Food and Nutrition Sciences, 2018, 68, 289-297.	1.7	34
41	Molecular characterisation of 36 oat varieties and inÂvitro assessment of their suitability for coeliacsâ€™ diet. Journal of Cereal Science, 2011, 54, 110-115.	3.7	33
42	A Multistrategic Approach in the Development of Sourdough Bread Targeted Towards Blood Pressure Reduction. Plant Foods for Human Nutrition, 2015, 70, 97-103.	3.2	32
43	pH-controlled fermentation in mild alkaline conditions enhances bioactive compounds and functional features of lentil to ameliorate metabolic disturbances. Food Chemistry, 2018, 248, 262-271.	8.2	31
44	The effect of processing and in vitro digestion on the betalain profile and ACE inhibition activity of red beetroot products. Journal of Functional Foods, 2019, 55, 229-237.	3.4	31
45	Impact of Elicitation on Antioxidant and Potential Antihypertensive Properties of Lentil Sprouts. Plant Foods for Human Nutrition, 2015, 70, 401-407.	3.2	30
46	Extruded Flaxseed Meal Enhances the Nutritional Quality of Cereal-based Products. Plant Foods for Human Nutrition, 2013, 68, 131-136.	3.2	29
47	Individual contributions of Savinase and Lactobacillus plantarum to lentil functionalization during alkaline pH-controlled fermentation. Food Chemistry, 2018, 257, 341-349.	8.2	29
48	Influence of fermentation conditions of Brassica oleracea L. var. capitata on the volatile glucosinolate hydrolysis compounds of sauerkrauts. LWT - Food Science and Technology, 2012, 48, 16-23.	5.2	28
49	Evaluation of the Residual Antigenicity of Dairy Whey Hydrolysates Obtained by Combination of Enzymatic Hydrolysis and High-Pressure Treatment. Journal of Food Protection, 2006, 69, 1707-1712.	1.7	26
50	Optimizing germination conditions to enhance the accumulation of bioactive compounds and the antioxidant activity of kiwicha (Amaranthus caudatus) using response surface methodology. LWT - Food Science and Technology, 2017, 76, 245-252.	5.2	25
51	Enzyme Selection and Hydrolysis under Optimal Conditions Improved Phenolic Acid Solubility, and Antioxidant and Anti-Inflammatory Activities of Wheat Bran. Antioxidants, 2020, 9, 984.	5.1	25
52	Soluble Phenolic Composition Tailored by Germination Conditions Accompany Antioxidant and Anti-Inflammatory Properties of Wheat. Antioxidants, 2020, 9, 426.	5.1	25
53	2â€Furoylmethyl amino acids, hydroxymethylfurfural, carbohydrates and Î²â€carotene as quality markers of dehydrated carrots. Journal of the Science of Food and Agriculture, 2009, 89, 267-273.	3.5	23
54	Efficacy of combinations of high pressure treatment, temperature and antimicrobial compounds to improve the microbiological quality of alfalfa seeds for sprout production. Food Control, 2009, 20, 31-39.	5.5	23

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55	Characterization of the sensitization profile to lupin in peanutâ€allergic children and assessment of crossâ€reactivity risk. Pediatric Allergy and Immunology, 2013, 24, 270-275.	2.6	23
56	Assessment of the residual immunoreactivity of soybean whey hydrolysates obtained by combined enzymatic proteolysis and high pressure. European Food Research and Technology, 2006, 222, 286-290.	3.3	21
57	Production and Characterization of a Novel Gluten-Free Fermented Beverage Based on Sprouted Oat Flour. Foods, 2021, 10, 139.	4.3	21
58	Effect of storage on the content of indole-glucosinolate breakdown products and vitamin C of sauerkrauts treated by high hydrostatic pressure. LWT - Food Science and Technology, 2013, 53, 285-289.	5.2	18
59	Advances in Production, Properties and Applications of Sprouted Seeds. Foods, 2020, 9, 790.	4.3	18
60	Changes in Nutritional Value and Cytotoxicity of Garden Cress Germinated with Different Selenium Solutions. Journal of Agricultural and Food Chemistry, 2010, 58, 2331-2336.	5.2	17
61	Characterization and in vitro evaluation of seaweed species as potential functional ingredients to ameliorate metabolic syndrome. Journal of Functional Foods, 2018, 46, 185-194.	3.4	17
62	Combination of pH-controlled fermentation in mild acidic conditions and enzymatic hydrolysis by Savinase to improve metabolic health-promoting properties of lentil. Journal of Functional Foods, 2018, 48, 9-18.	3.4	17
63	Changes in protein profile, bioactive potential and enzymatic activities of gluten-free flours obtained from hulled and dehulled oat varieties as affected by germination conditions. LWT - Food Science and Technology, 2020, 134, 109955.	5.2	17
64	Lentil and Fava Bean With Contrasting Germination Kinetics: A Focus on Digestion of Proteins and Bioactivity of Resistant Peptides. Frontiers in Plant Science, 2021, 12, 754287.	3.6	17
65	Pasta products enriched with moringa sprout powder as nutritive dense foods with bioactive potential. Food Chemistry, 2021, 360, 130032.	8.2	16
66	Changes in vitamin content of powder enteral formulas as a consequence of storage. Food Chemistry, 2009, 115, 1411-1416.	8.2	15
67	Vitamin C, Phenolic Compounds and Antioxidant Capacity of Broccoli Florets Grown under Different Nitrogen Treatments Combined with Selenium. Polish Journal of Food and Nutrition Sciences, 2018, 68, 179-186.	1.7	12
68	Molecular characterization of allergens in raw and processed kiwifruit. Pediatric Allergy and Immunology, 2015, 26, 139-144.	2.6	11
69	Evaluation of refrigerated storage in nitrogen-enriched atmospheres on the microbial quality, content of bioactive compounds and antioxidant activity of sauerkrauts. LWT - Food Science and Technology, 2015, 61, 463-470.	5.2	11
70	Potential of Germination in Selected Conditions to Improve the Nutritional and Bioactive Properties of Moringa (Moringa oleifera L.). Foods, 2020, 9, 1639.	4.3	11
71	Immunochemical investigation of allergenic residues in experimental and commercially-available wines fined with egg white proteins. Food Chemistry, 2014, 159, 343-352.	8.2	10
72	Potential Usefulness of a Wakame/Carob Functional Snack for the Treatment of Several Aspects of Metabolic Syndrome: From In Vitro to In Vivo Studies. Marine Drugs, 2018, 16, 512.	4.6	10

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73	Pilot-scale produced fermented lentil protects against t-BHP-triggered oxidative stress by activation of Nrf2 dependent on SAPK/JNK phosphorylation. Food Chemistry, 2019, 274, 750-759.	8.2	10
74	Intestinal microbiota in rats fed with tofu (soy curd) treated under high pressure. European Food Research and Technology, 2005, 220, 395-400.	3.3	9
75	Protein Quality of Traditional Rye Breads and Ginger Cakes as Affected by the Incorporation of Flour with Different Extraction Rates. Polish Journal of Food and Nutrition Sciences, 2013, 63, 5-10.	1.7	8
76	Children monosensitized to pine nuts have similar patterns of sensitization. Pediatric Allergy and Immunology, 2012, 23, 761-764.	2.6	6
77	Synthesis of [77Se]-methylselenocysteine when preparing sauerkraut in the presence of [77Se]-selenite. Metabolic transformation of [77Se]-methylselenocysteine in Wistar rats determined by LCâ€“IDAâ€“ICPâ€“MS. Analytical and Bioanalytical Chemistry, 2014, 406, 7949-7958.	3.7	6
78	Clinical monosensitivity to salmon and rainbow trout: a case report. Pediatric Allergy and Immunology, 2014, 25, 98-100.	2.6	5
79	Electrochemical Determination of Ascorbigen in Sauerkrauts. Food Analytical Methods, 2012, 5, 487-494.	2.6	4
80	Impact of storage under ambient conditions on the vitamin content of dehydrated vegetables. Food Science and Technology International, 2013, 19, 133-141.	2.2	2
81	Allergy to all mammalian Bovidae proteins but cow's milk in a child. Allergologia Et Immunopathologia, 2013, 41, 349-350.	1.7	2
82	Manufacture of healthy snack bars supplemented with moringa sprout powder. LWT - Food Science and Technology, 2022, 154, 112828.	5.2	2