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Quality Evaluation of Wheat-Legume Flour Blends and Their Utilization in Baked Products

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In developing countries like India with increasing urbanization, the demand for processed food is increasing. Among them, baking products particularly cookies command wide popularity in both urban and rural mass. Hence, an attempt was made to develop functionally and nutritionally improve cookies; the influence of the partial replacement of the wheat flour by legume on the quality characteristic of cookies was analyzed. The influence of the total or partial replacement of wheat flour by legume flours on the quality characteristics of cookies was analyzed. Blends containing 25 percent of the legume flour (chickpea, cowpea, pigeon pea and mungbean) and composite flour was made at ratio 60:10:10:10:10 (chickpea, cowpea, pigeon pea and mungbean) were prepared. Addition of legume flours improved chemical attributes e.g. protein from 7.94-13.42%, fat from 18.12-22.90%, ash from 3.36-3.66 and fiber from 1.40-2.10%. Similarly, calorific value also increased from 475-503.83 kcal/100 g. Results pertaining to sensory characteristics of the product were also improved significantly. Hence, in the light of the above results obtained it can be concluded that legume flours can be used for improving the protein contents of cereal-based products.

Biography

Sushma Thongram has pursued her master research in the area of development of functional food products. She has earned her M.Sc. degree from Lovely Professional University, Punjab, India. Her research interest includes development of functional foods and therapeutic nutrition. Currently she is pursuing her dietetics internship in PGIMER, Chandigarh.

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