

Author's Accepted Manuscript

Nutritional Evaluation of Multigrain *Khakra*

Sheetal Chauhan, Sachin K Sonawane, Shalini S Arya



PII: S2212-4292(17)30254-7
DOI: <http://dx.doi.org/10.1016/j.fbio.2017.06.003>
Reference: FBIO201

To appear in: *Food Bioscience*

Received date: 11 May 2016
Revised date: 31 May 2017
Accepted date: 7 June 2017

Cite this article as: Sheetal Chauhan, Sachin K Sonawane and Shalini S Arya
Nutritional Evaluation of Multigrain *Khakra*, *Food Bioscience*
<http://dx.doi.org/10.1016/j.fbio.2017.06.003>

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting galley proof before it is published in its final citable form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain

Nutritional Evaluation of Multigrain *Khakra*

Sheetal Chauhan, Sachin K Sonawane, Shalini S Arya

Food Engineering and Technology Department, Institute of Chemical Technology,
Nathalal Parikh Marg, Matunga, Mumbai- 400 019, Maharashtra, India

ss.arya@ictmumbai.edu.in

shalu.ghodke@gmail.com

*Corresponding author. Tel.: +91 22 3361 1421, fax: +91 22 3361 2501

Abstract

Multigrain foods are being increasingly considered as an approach to improve the nutritional value of products. *Khakra*, crisp bread from India has huge potential to serve as a nutritional snack beyond local markets. Multigrain *khakra* made using a mix of pearl millet, finger millet, maize, sorghum and whole wheat flour was evaluated for its nutritional qualities. Nutritional aspects based on resistant starch content, fiber content, *in vitro* protein digestibility and glycemic index were evaluated. It was found that multigrain *khakra* had significantly higher total dietary fiber (2.4 g/100g) than control whole wheat *khakra* (1.8 g/100g). It was found that multigrain *khakra* had higher resistant starch (1.2 g/100g), lower glycemic index (52) and significantly higher protein digestibility (85%) when compared to control whole wheat *khakra* with 0.6 g/100g resistant starch, 55.2 glycemic index and 70.2% protein digestibility.

Keywords: Multigrain flat bread, *khakra*, Glycemic index, Resistant starch, Fiber

متن کامل مقاله

دریافت فوری ←

ISIArticles

مرجع مقالات تخصصی ایران

- ✓ امکان دانلود نسخه تمام متن مقالات انگلیسی
- ✓ امکان دانلود نسخه ترجمه شده مقالات
- ✓ پذیرش سفارش ترجمه تخصصی
- ✓ امکان جستجو در آرشیو جامعی از صدها موضوع و هزاران مقاله
- ✓ امکان دانلود رایگان ۲ صفحه اول هر مقاله
- ✓ امکان پرداخت اینترنتی با کلیه کارت های عضو شتاب
- ✓ دانلود فوری مقاله پس از پرداخت آنلاین
- ✓ پشتیبانی کامل خرید با بهره مندی از سیستم هوشمند رهگیری سفارشات