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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