

Effect of Addition of Popped Amaranth Flour on Sensory and Nutritional Quality of *Babroo*

Sadhna Singh, Manoranjan Kalia and Sumati Rekha Malhotra

*Department of Food Science and Nutrition, Himachal Pradesh Krishi Vishvavidyalaya,
Palampur 176 062, Himachal Pradesh, India*

KEYWORDS Traditional Recipe. Sensory Evaluation. Substitution. Nutritional Quality

ABSTRACT *Babroo* – a traditional rice based product of Himachal Pradesh, also known as ankalion or Cheelai was prepared. An attempt was also made to improve its nutritional quality through the addition of popped amaranth flour. The results revealed that the addition of popped amaranth flour into rice flour reduced the colour, texture and taste scores. But, they still scored fair on the ten point hedonic scale. The addition of popped amaranth flour into raw and parboiled rice flour increased the protein, fat, fibre, lysine, calcium, phosphorus, iron and riboflavin contents but niacin content was decreased.