

## **Nutrient Composition of Specialized Preparations using Sesame Seeds Commonly Consumed in Himachal Pradesh, India**

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**KEY WORDS** Food Products. Nutrients. Energy. Himachal Pradesh.

**ABSTRACT** The study was undertaken to standardize, prepare and determine the nutrient content of some specialized preparations using sesame seeds commonly consumed in Himachal Pradesh. The preparations included, *Bhugga*, *Gachak til*, *Tilcholi*, and *Til ke laddu*. The nutrients such as crude protein, crude fat, total ash, crude fiber, carbohydrates, energy, calcium and iron were analyzed using standard methods.

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