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

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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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