

## Nutrient Composition of Some Cereals and Pulses Based Recipes of Assam, India

P. Das\*, P. Neog, P.D. Laishram and M. Gogoi

*Department of Food and Nutrition, College of Home Science, Assam Agricultural  
University, Jorhat 785 013, Assam, India  
Telefax: 0376-2340011; E-mail: pranatidas@aau.ac.in*

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**ABSTRACT** The study was undertaken to analyse the nutrient composition of some cereals and pulses based recipes of Assam. The recipes were selected, standardized and prepared in the laboratory. The prepared recipes were subjected to analysis of proximate composition, calcium and iron using standard methods. Among the cereal recipes, it was found that *tel pitha* was rich in protein, fat, energy, calcium and iron contents. *Til pitha* had good amounts of mineral, crude fibre and energy. Among the pulses recipes, *masoor dailor bor* had high amounts expressed in as in basics of protein. The results showed that *kasu sak diya masoor dail* was high in both calcium and iron contents.

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