

Development and Nutritional Analysis of Value Added Spread Instant Mix

Ruma Saha and Vimla Dunkwal

Department of Food and Nutrition, College of Home Science, RAU, Bikaner, Rajasthan, India

KEYWORDS Instant Food. Value Addition. Arid. Sensory Evaluation. Antinutrients

ABSTRACT Instant Food means simple, fast and convenient food which is easy and fast to prepare but all these preparation need value addition ultimately to improve the nutritional value. Value added spread instant mix was standardized and analyzed for their sensory, physico-chemical characteristics, nutritional and shelf life study. Value added spread instant mix was prepared by using germinated moth bean and β -carotene rich vegetables. The mean scores for sensory evaluation of developed value added spread instant mix was 8.4 against the control instant mix 7.1 on nine point hedonic ranking scale. Both the sample were subjected for physico-chemical characteristics in which developed sample secured highest scores than control sample. The developed instant mix contained 8.4 per cent moisture, 22.64g protein, 2.43g fat, 4.13g crude fiber, 3.26g ash, 59.89 g carbohydrate and 351.99 kcal energy per 100g on dry weight basis. In developed sample β -carotene, vitamin C and iron were observed 5123 μ g/100g, 9.07 mg/100g, and 10.75 mg/100g, respectively. In control sample amount of antinutrients were present in higher amount than developed sample. Fat acidity and free fatty acid also revealed satisfactory quality of the instant mixes at the end of three months storage period. Thus better quality of value added instant mixes bring considerable advantages among the arid region.