



Comparative Nutritional Evaluation of Traditional Indian Snacks Incorporated with Partially Defatted Peanut Cake Flour and Fenugreek Leaves Powder Developed for Malnourished Children

Bindhya Dhanesh T.^{1*}, Anita Kochhar² and M. Javed³

^{1,2}*Department of Food and Nutrition, Punjab Agricultural University,
Ludhiana, Punjab, India*

³*Department of Math., Stat. and Physics, Punjab Agricultural University,
Ludhiana, Punjab, India*

E-mail: dhanesh.bindhya@gmail.com

KEYWORDS Partially Defatted Peanut Cake Flour. Fenugreek Leaves Powder. Value Added Products. Sensory Attributes. Nutritional Analysis

ABSTRACT Adequate complementary feeding of infants with home based foods from the age of six months, while continuing breast feeding is crucial to prevent malnutrition. Thus, there is a need to popularize low cost complementary foods. Partially defatted peanut flour (DPF) is a cheap underutilized by-product of peanut after oil extraction with a high nutritional profile. Two value added products namely, *Matthi* and *Seviyan* incorporating 10 per cent partially defatted peanut cake flour (DPF) and one per cent fenugreek leaves powder (FLV) were developed. The nutritional analysis of the products revealed a significant increase in the proximate composition especially protein which was found to be 16.58 and 23.49 per cent, fat was observed to be 18.06 and 20.92 per cent, fiber was 1.43-2.94 per cent and energy was found to be 495.56 and 471.24 Kcal in the value added *Matthi* and *Seviyan* respectively. Mineral composition like iron, calcium and zinc also increased in the fortified products. Higher percent of *invitro* protein digestibility and higher amino acid profile was observed in the fortified products compared to the control which were not fortified. Hence, the study revealed that the value added products prepared using partially defatted peanut flour and powdered fenugreek leaves can be a promising solution to eradicate malnutrition.