

NUTRITIONAL EVALUATION OF “READY-TO-COOK” VALUE

ADDED NUTRITIOUS MIXES

ARORA. M¹, SHEIKH. S², VERMA. A³ & YADAV. A⁴

¹Research Scholar, Department of Foods & Nutrition, Sam Higginbottom Institute of Agriculture, Technology & Sciences
Allahabad, Uttar Pradesh, India

²Professor & Dean, Department of Foods & Nutrition, Sam Higginbottom Institute of Agriculture, Technology & Sciences
Allahabad, Uttar Pradesh, India

³Assistant Professor, Department of Foods & Nutrition, Sam Higginbottom Institute of Agriculture, Technology &
Sciences Allahabad, Uttar Pradesh, India

⁴Assistant Professor, Department of Nutrition & Dietetics, SGT, University, Gurgaon, Haryana

ABSTRACT

The purpose of this paper is to study the nutritional composition of ready-to-cook value added nutritious mixture formulated by incorporating of seeds powder and dehydrated vegetables. It was analysed for proximate composition, protein, crude fibre, fat, beta carotene, ascorbic acid, iron and calcium. Protein content of R-T-C nutritious mixture was increased by 15.42% whereas fat content increased by 23.06 during processing. R-T-C mixture contained 297.66 mg/100 g of calcium and 3773.55 µg/100 g of β-carotene. Vitamin C content decreased during processing by 28.23%. The study indicated that nutritious mixture is a good source of various nutrients like proteins, crude fibre, beta-carotene, iron and calcium and its nutritional quality is superior to many other commonly used mixtures. Most accepted value added nutritious mix was stored in polythene & laminated aluminium pouch and evaluated further for shelf life quality.

KEYWORDS: Ready-to-Cook, Dehydrated, Value Added, Proximate Composition