

Changes in phytic acid and iron content during germination and roasting of moth bean

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The present investigation was conducted to study the effect of processing (germination) and cooking (roasting) methods on the total iron, invitro iron and phytic acid of moth beans. The processing (germination) and cooking (roasting) methods caused increase in iron bioavailability content of moth beans. Mean while, phytate contents were decreased of the studied moth beans. These resulted revealed that the processing (germination) and cooking methods (roasting) was more effective in eliminating the contents of phytic acid in moth beans which plays major role hinder the absorption of minerals.

Key Words : Moth beans, Germination, Roasting, Iron, Phytic acid

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