Nutrient composition of cauliflower (Brassica oleracea var. Botrytis) leaf powder and its acceptability in fast food snacks

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Cauliflower leaf powder was developed by drying cauliflower leaves. The process of drying of leaves in mechanical dryer was standardized after taking trials for different temperature and time period. On the basis of organoleptic characteristics of powder, the leaves dried at 40°C temperature for 22hrs were finalized. CLP was then analyzed for their nutritional and anti-nutritional composition. On dry weight basis CLP contained 12.55g moisture, 17.67g protein, 1.76g fat, 8.20g fiber, 15.32g ash per 100g. Energy was found to be 256 Kcal. Calcium, phosphorus, iron was 3600mg, 368mg and 36mg, respectively. Regarding anti nutrients it had tannins 40µg, oxalates 0.201g and phytates 11.3g. The results revealed that CLP developed from cauliflower leaves serve as an source of micronutrients. Thus, CLP need to be popularized which will be helpful in overcoming micronutrient deficiency diseases. In addition, optimum utilization of this uncommon leaves will help in widening food basket.

Key Words : Nutrient composition, Cauliflower leaf powder, Blanching