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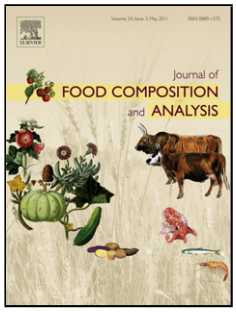

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ACCEPTED MANUSCRIPT

Running title: Lentil processing and prebiotic carbohydrates

The impact of processing and cooking on prebiotic carbohydrates in lentil

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Highlights

- Lentil is a rich source of prebiotic carbohydrates
- Sugar alcohols, raffinose and fructooligosaccharides increased with cooling
- However, those carbohydrates decreased after re-reheating
- Both cooling and reheating increased lentil resistant starch concentration
- Lentil processing techniques can alter nutritional value of lentil

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