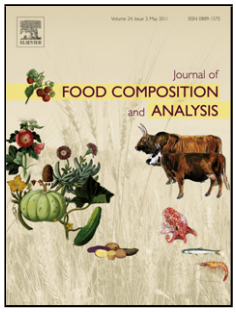

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EFFECT OF BOILING ON PROTEIN, MINERAL, DIETARY FIBRE AND ANTINUTRIENT COMPOSITIONS OF *NYMPHAEA LOTUS* (LINN) SEEDS

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Research Highlight (Ms. Ref. No.: JFCA-D-16-00913 R2)

- *N. lotus seeds contain amino acids that are essential for growth and development*
- *Processed of N. lotus seeds meet the RDA requirement for Iron*
- *Boiling of N. lotus seeds led to significant decrease in heat labile antinutrients*
- *The information obtained could be useful in generating Food Composition Database*

Abstract

The effect of boiling as a processing method on some of the nutrient compositions of raw and processed Nymphaea lotus seeds was assessed, the proximate analysis shows that raw and processed N. lotus contain 16.3 and 15.8% crude protein, 3.70 and 3.45% crude lipid, 1.87 and 0.70% ash content,. The protein of both samples contains all the essential amino acids, and satisfies the score recommended by FAO/WHO/UNU (2007). The in vitro assay for protein digestibility was found to be 76.9% and 69.6% for raw and processed N. lotus seeds, respectively.