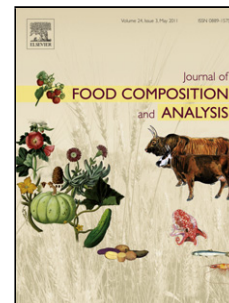


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DIETARY FIBRE AND ANTINUTRIENT COMPOSITIONS
OF *NYMPHAEA LOTUS* (LINN) SEEDS

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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.

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