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**Fenugreek: A review on its nutraceutical properties and utilization in various food products**

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**Abstract**

Fenugreek (*Trigonella foenum-graecum*) is a legume and it has been used as a spice throughout the world to enhance the sensory quality of foods. It is known for its medicinal qualities like antidiabetic, anticarcinogenic, hypocholesterolemic, antioxidant, immunological Activity etc. Beside its medicinal value, it is also used as a part of various food product development as food stabilizer, adhesive, and emulsifying agent. More importantly it is used for the development of healthy and nutritious extruded and bakery product. The present paper reviews about nutraceutical properties of fenugreek and its utilization in various product developments.

**Keywords**

Fenugreek, nutraceutical, hypoglycemic, antioxidant, extruded product

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