

Nutritive Value of Some Specialized Legume / Pulse Based Preparations of Himachal Pradesh

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ABSTRACT The study was undertaken to determine the nutrient content of some specialised legume/pulse based recipes consumed in Kangra district of Himachal Pradesh. The preparations included Bengal gram whole and dhal, green gram whole, *Telia Mash*, *Rongi Madhra*, *Kabuli chana*, *khatte massar*, *Rajmash*, *Sappu Bari*, mixed Bengal and black gram *Dhal* and *khatti arhar dhal*. The nutrients analysed included crude protein, crude fat, total ash, crude fibre, and carbohydrate and energy contents. The results are presented on dry and fresh weight basis.