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Nutrient Composition of Some Nuts and Oilseeds Based Recipes of Assam, India

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ABSTRACT Nuts and oilseeds being an important source of many nutrients, was included in the study to evaluate the major nutrients, calcium and iron from some common Assamese recipes. The study revealed that all the recipes are energy dense. Protein content was highest in *charchari* with fish. Considerable amounts of mineral and fibre were found in the recipes, out of which highest mineral content was observed in gingelly *laddu* and highest fibre content in *charchari* with drumstick. The carbohydrate other content was highest in groundnut *chikki*. Compared to other recipes calcium content was considerably high in gingelly recipes. Similarly, gingelly and most of the mustard recipes had higher iron content.