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Nutritional Evaluation of Leafy Vegetable Paratha

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ABSTRACT The present investigation was undertaken to determine the nutrient content of different types of leafy vegetable parathas. Green leafy vegetable namely Palak, Chaulai and Bathua were mixed with wheat flour for preparation of parathas. The parathas were analysed for fat, carbohydrate, energy, total sugar, reducing sugar, non reducing sugar, total mineral, lysine and fiber. These recipes were also evaluated organoleptically using nine point scale.