

Nutrient Composition of Some Regional Recipes of Assam, India

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KEYWORDS Regional Assamese Recipes. Nutrient Composition. Food Composition Database

ABSTRACT Assam is a north eastern state of India with a typical food habit distinct from the rest of the country. In order to document the nutrient composition of the regional recipes of Assam, some of the recipes were analyzed for proximate composition, calcium, iron, β -carotene/retinol, and vitamin C. In the present study, few recipes from green leafy vegetables, other vegetables, fish and meat were included. A wide range of variations in the nutrient contents of the recipes were observed in most of the cases. Moisture content ranged from 29.3 ± 1.00 g/100g in *Boriola mas bhoja* (R20) to 89.6 ± 0.12 g/100g in *Mandhanian chutney* (R3). Protein content of most of the fish and meat based recipes were higher than the vegetable based recipes. Fat content of stir fried vegetables and most of the fish and meat based recipes were higher than the other recipes. Highest total mineral content was observed in *Boriola mas bhoja* (R20) amounting 8.8 ± 1.11 g/100g. Comparatively higher crude fibre contents were found in *tita Kerela bhaji* (R14) and *Bhat kerela bhaji* (R15) amounting 6.5 ± 0.30 g/100g and 12.6 ± 0.04 g/100g respectively. In many of the vegetable preparations, calcium and iron contents were comparable with the preparations from fish and meat. Considerable amount of β -carotene was observed in *Morisa sak bhaji* (R6) amounting 2278.0 ± 140.36 μ g/100g. The study was an initial approach in developing nutrient database of regional Assamese recipes.