

Nutrient Analysis of Germinated Sesame Seeds and Development of Value Added Biscuits

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KEYWORDS Analysis. Antinutrients. Nutrients. Germination. Sesame

ABSTRACT India is one of the largest producers and exporters of sesame seeds. Sesame is an oilseed with high nutritional quality. With a rich, nutty flavor, it is a common ingredient in cuisines across the world. When germinated, its nutritional quality is enhanced and can be used in various commonly consumed foods prepared at the household level. In the present study, an effort was made to analyze nutrient and antinutrient contents of germinated (48 hours) sesame seeds and develop biscuits using its powder in different proportions (5g, 10g, 15g, 20g, 25g and 30g). The sensory evaluation of the developed biscuits showed highest acceptability for those with 15g germinated sesame seed powder. Its nutritive value and shelf life were found to be good.