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EFFECT OF GERMINATION ON THE NUTRITIONAL QUALITY OF BENGAL GRAM

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ABSTRACT : The present experiment was conducted with an aim to find the possibility of enhancing the nutritional availability of pulses (Bengal gram) after germination, which is cheap and easily available. Bengal gram was selected for this study and their chemical characteristics were measured by the standard analytical procedure. Vitamin C increased maximum after germination at 48 hours and decrease in availability of calcium content. There was a gradual decrease in protein content till 60 hrs, soaking periods however, the digestibility of protein was improved.

Key Words: Germination, nutrient, sensory.