

# Effects of processing on phytic acid, iron and its bioavailability of *Macrotyloma uniflorum*

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Horse gram is one of the inexpensive sources of protein, calcium and iron. Simple processing such as germination and roasting of horse gram were used to reduce the anti-nutritional factors. The germination was carried out by washing, soaking (8 h), germination period (48 h), and oven drying (50°C) and ground into flour in grinder. In another processing method the horse gram was roasted for 10 minutes on low flame, cooled and powdered. Result of the present study revealed that germination and roasting have good effects on increasing in vitro iron bioavailability. While anti-nutritional factor phytates also reduced on both processing. The content of iron was also increases after germination and roasting as compared to untreated horse gram flour.

**Key Words :** Horse gram, Germination, Roasting, Iron, Anti-nutritional

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