

# Development, quality evaluation and acceptability of pumpkin seed flour incorporated in gravy

GITIKA SHARMA AND SARLA LAKHAWAT

The society is now heading to find an optimum alimentary diet that tries to promote the consumption of the foods that have a favorable effect on the health. This is the context where appeared the concept of “Functional foods”. Pumpkin seeds (*Cucurbita pepo*) have received considerable attention in recent years due to its health protective and nutritional benefits. They are a beautiful food – earthy in flavour, sweet nuts used in variety of dishes like snacks (baking), soups, and salads. They are a good source of calories, proteins, carotenoids, minerals, fibre and phytosterols which contribute in regulating cholesterol. They also have omega 3 and omega 6 fatty acids needed for hormone balance, brain function and skin health. Tryptophan present in these seeds aids in milk production in lactating mothers and used to reduce postpartum swelling of the hands and feet. Hence, Pumpkin seeds serve as a good nutritious snack and helps in promoting good health. Hence, the present study entitled “Development, quality evaluation and acceptability of pumpkin seed flour incorporated in gravy”

**Key Words :** Pumpkin seed

**How to cite this article :** Sharma, Gitika and Lakhawat, Sarla (2017). Development, quality evaluation and acceptability of pumpkin seed flour incorporated in gravy. *Food Sci. Res. J.*, 8(2): 319-325, DOI : 10.15740/HAS/FSRJ/8.2/319-325.

---

MEMBERS OF RESEARCH FORUM

**Author for correspondence :**

**GITIKA SHARMA**, Department of Foods and Nutrition, Maharana Pratap University of Agriculture and Technology, UDAIPUR (RAJASTHAN) INDIA  
Email : gitikasharma718@gmail.com

Associate Authors' :

**SARLA LAKHAWAT**, Department of Foods and Nutrition, Maharana Pratap University of Agriculture and Technology, UDAIPUR (RAJASTHAN) INDIA  
Email : poojajoshidr81@gmail.com