

Use of mango seed kernels for the development of antioxidant rich health foods

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Mango seeds are nutritionally dense by-product of mangoes but commonly discarded as waste. The purpose of the study was proper utilization of mango seed kernels. Two products namely *Chapati* and *Panjiri* were prepared by incorporating 10-40 per cent level of mango seed kernel flour and evaluated for their sensory attributes. Incorporation of mango seed kernel flour at 30 per cent in *Chapati* and 40 per cent in *Panjiri* was organoleptically acceptable. The energy, crude fat and total ash content of supplemented products were significantly higher ($p < 0.01$) as compare to control samples. A significant increase ($p < 0.01$) in calcium and iron content was found. Antioxidant activity was found to be significantly increased ($p < 0.01$) with incorporation of mango seed kernel flour and per cent increase in antioxidant activity was 22 per cent for *Chapati* and 27 per cent for *Panjiri*. Hence, the use of mango seed kernel flour can play important role in improving nutritional value of diets and could be recommended for supplementary feeding programmes in the country.

Key Words : Mango seed kernel flour, Sensory attributes, Nutritional composition, Antioxidant activity

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