

Jackfruit seed flour: Processing technologies and applications

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■ **Abstract :** Jackfruit (*Artocarpus heterophyllus* Lam) is the largest produced fruit in the world. It is originated from India. Climate required for growing jackfruit is tropical and subtropical. It is indigenous food crop. Humid and hot region suitable for growth of this tree. It is not tolerate cold and higher altitude also frost and drought. Jackfruit contains some vitamins like vitamin A, vitamin C, thiamine and riboflavin also some minerals like calcium, potassium, iron, sodium, zinc, niacin and many other nutrient. Jackfruit contain antioxidant which help in prevention from free radicals. It contain potassium and calcium so it regulate the blood pressure and beneficial to bones growth. It also helpful as anti-inflammatory, antibacterial, anticariogenic, antifungal and in inhibition of melanin biosynthesis, wound healing effects. The jackfruit peels utilization only 10 % for food applications that is pectin extraction. While 90% is for non-edible applications of biofilm, biosorbent, biohydrogen, and activated carbon. It contains phytonutrients like lignans, isoflavones and saponins, their health benefits are wide-ranging from anticancer to antihypertensive, antiaging, antioxidant and antiulcer. Protein, dietary fibre and carbohydrate contents of jackfruit seeds is 13.50%, 3.19% and 79.34%, respectively. The jackfruit seed has been utilized for processing like flour for bakery, extruded products, chapaties, starch extraction and confectionary. Application of jackfruit seeds in medicines, seeds are believed to be helpful in digestion.

■ **Key words :** Health benefits, Indigenous, Jackfruit, Phytonutrients, Seed flour

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