

Nutritional value and organoleptic evaluation of mushroom powder fortified Indian recipe : Besan laddu

■ ANJALI VERMA AND VINITA SINGH

Received: 07.12.2013; Revised: 08.03.2014; Accepted: 24.03.2014

See end of the paper for authors' affiliations

Correspondence to :

ANJALI VERMA

Department of Food Science and Nutrition, M.A.B. College of Home Science, C.S. Azad University of Agriculture, KANPUR (U.P) INDIA
Email: anjali190191@gmail.com

■ **ABSTRACT** : Mushroom one of nature's greatest wonder foods has already found its place of pride in the kitchens of the educated and the elite all over the world. In India it is yet to be commonly used by all and sundry in everyday meals. Mushrooms are highly nutritive, low calorie food with good quality protein, vitamins and minerals which are of paramount importance in the present age. Mushrooms are an important natural source of foods and medicines. A wide range of activities including antitumour, cardio-vascular are reported in mushrooms. Because of having high fibre, low fat and low starch, edible mushrooms have been considered to be ideal food for obese persons and for diabetics. They are also known to possess promising, cardio-vascular, hypercholesterolemia, antimicrobial, hepato-protective and anticancer effects. Biochemical analysis of prepared product revealed that T₄ (20%) mushroom (oyster mushroom) fortified laddus contained high amount of protein and fibre, low fat and carbohydrate than control sample and organoleptic evaluation of prepared laddus revealed that T₃ (15%) fortification of mushroom powder in besan laddus was liked very much. The fortified laddus had better quality with respect to nutritive value and organoleptic acceptability.

■ **KEY WORDS**: Mushroom, Nutritive value, Organoleptic acceptability

■ **HOW TO CITE THIS PAPER** : Verma, Anjali and Singh, Vinita (2014). Nutritional value and organoleptic evaluation of mushroom powder fortified Indian recipe : Besan laddu. *Asian J. Home Sci.*, 9 (1) : 78-81.