



## Research Paper

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# Nutritional and organoleptic evaluation of noodles prepared by supplementation with cauliflower leaves

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**ABSTRACT :** Effects of supplementation of wheat flour with dried cauliflower leaves were studied for nutritional and organoleptic quality of noodles. The malted wheat flour was blended with cauliflower leaf powder in the ratio's of 100:0, 90:10, 80:20 and 70:30 separately for the development of noodles. The developed product was stored for 90 days to ascertain the changes in physico-chemical and sensory characteristics. The results of study indicated that samples of cauliflower leaf powder added noodles, for all addition levels, contained more protein, fibre, sugars, iron,  $\beta$ -crotene and ash as compared to control sample. The result obtained in this study suggested that acceptable noodles in terms of physico-chemical and sensory properties could be produced by incorporating cauliflower leaf powder into malted wheat flour upto the level of 10 per cent flour weight basis. Thus, cauliflower leaf powder could be successfully used to enrich noodles, giving alternative utilization opportunity to producers and healthy choice option to the consumers.

**KEY WORDS :** Blanching, Extrusion, Malted wheat flour, Proximate composition

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The era of global industrialization and advancement of technologies has lead to the change in perception, economic consideration, increased women employment and increased per capita income that had tremendous effect on the life style of the people. In this changing life style, the demand for ready to eat foods like baked and extruded foods has raised considerably. Among ready to eat foods, biscuits and noodles form an important part of Indian dietary. These products are rich in starch, fat and energy but depleted in fibre. Various epidemiological studies have shown that the diet lacking in fibre may be the cause of various gastrointestinal and cardiovascular diseases (Kumari and Grewal, 2007). Hence, incorporation of fibre rich ingredients in baked and extruded products will improve their

nutraceutical properties and help to cater to the health needs of various cross-sections of the population. Scientists have found that the fruits and vegetables contain higher level of cellulose than cereals (Wahlqvist, 1993). Besides having good amount of dietary fibre, vegetables and fruits are also considered to be chemical power houses that produce dozens of unique, complex and biologically active organic compounds which are known to affect significantly the quality and duration of life (Fraser, 1994).

Apart from being rich in dietary fibre, vegetables also provide an appreciable quantity of protective nutrients *i.e.* vitamins and minerals which help in preventing various diseases (Verhagen, 1993). Based on this fact, National Cancer Institute also recommends five or more servings of fruits and