

QUALITY EVALUATION OF FUNCTIONAL BREAD DEVELOPED FROM GERMINATED CHICKPEA FLOUR AND PUMPKIN SEED POWDER

Preeti Arora¹, Manshi² and Neelam Chaturvedi³

^{1,2} *Research Scholar, Department of Food Science and Nutrition, Banasthali Vidyapith, Rajasthan, India*

³ *Associate Professor, Portea health visata pvt. Ltd, Department of Food Science and Nutrition, Banasthali Vidyapith, Rajasthan, India*

Received: 14 Aug 2022

Accepted: 18 Aug 2022

Published: 22 Aug 2022

ABSTRACT

Grains are a rich source of nutrition and photochemical compounds which make them a good source of antioxidants. These photochemical have a potential impact on human health. Plant products have been used in therapeutic medicine. The popularity of pumpkin consumed as both food and traditional medicine for several diseases as anti-diabetic, anti-hypertensive, anti-tumour, immunomodulatory, antibacterial, anti-hypercholesterolemia and anti-inflammatory, have focused the attention of several researchers on it. Breads with their varied taste and low cost are a favorite snack food consumed by a wide range of people. The objective of the study was to supplement wheat flour with various level of germinated chickpea flour and pumpkin seeds powder for production of bread and to determine the nutritional value and antioxidant properties of functional bread, formulation of three different composite flour were prepared and out of which one composite formulation were opted for further analysis. A sensory evaluation was performed on the samples. Data revealed that, the formulation containing 20% chickpea flour and 20% pumpkin seeds had the highest ranking for the sensory attributes. The most acceptable functional bread was further carried out for proximate analysis and physiochemical analysis, results of proximate composition revealed that the moisture, ash, protein, fat and fiber content increased significantly at $p < 0.05$ when compared to standard bread since carbohydrate content was found to be decreased. Results of photochemical revealed that the phenols and flavonoids content found to be higher when compared with control bread. Therefore, the functional breads are highly nutritious with high antioxidant and nutritional properties which plays a vital role in preventing innumerable health disorders.

KEYWORDS: *Functional Bread, Antioxidant Properties, Nutritional Analysis, Pumpkin Seed, Chickpea*

