

Nutritional and Functional properties of Horse Gram

SGT University, Gurugram, Haryana, India

Statement of the problem:

Abstract: Horse gram (Lathyrus sativus) is a legume that has been traditionally used in Indian cuisine. It is a rich source of protein and fiber, and has been shown to have various health benefits. The purpose of this study was to determine the nutritional and functional properties of horse gram. The study was conducted using a randomized controlled trial. The results showed that horse gram has a high protein content and is a good source of fiber. It also has a low glycemic index, which makes it a good choice for people with diabetes. The study also found that horse gram has antioxidant and anti-inflammatory properties. These findings suggest that horse gram may be a beneficial food for people with various health conditions. Further research is needed to confirm these findings and to determine the optimal dose of horse gram for health benefits.

Keywords: Horse gram, Nutritional properties, Functional properties, Lathyrus sativus, Protein, Fiber, Glycemic index, Antioxidant, Anti-inflammatory.

Biography

Akanksha Yadav, Associate Professor, Department of Nutrition and Dietetics, Faculty of Allied Health Sciences, SGT University, Gurugram, Haryana (India)

: February 19, 2024;

: February 21, 2024;

: March 14, 2024
