



## QUALITY CHARACTERISTICS ASSESSMENT OF VALUE ADDED PALMYRA SPROUT POWDER

S.Sumithra<sup>1</sup> , Subaratinam R<sup>2</sup>

M.sc., Research Scholar<sup>1</sup>, Assisstant Professor<sup>2</sup>

Department of Homescience, Foods Science Nutrition and Dietetics, Shrimathi Devkunvar  
Nanalal Bhatt Vaishnav College for Women, Chrompet, Chennai

### ABSTRACT

*Cookies are ready to eat, sweet and crispy snack. “Gluten free cookies” were developed by using green gram and with the incorporation of Palmyra sprout. Gluten- free food products can be consumed by celiac disease patients. The Palmyra sprouts are the good sources of vitamin – E and it has a negligible amount of fat. Palmyra sprout is a traditional as well as seasonal food so it is incorporated in the cookie. The green gram has 32% of egg protein and is low in fat. The cookies were formulated in three different proportions: T1 (50% Green gram, 35% Palmyra sprout); T2 (50% Green gram, 30% Palmyra sprout); and T3 (50% Green gram, 20% Palmyra sprout). The three different proportions of the cookies were subjected to sensory evaluation. The Palmyra sprout incorporated cookie was subjected to various examinations like Nutrient analysis, Microbial analysis and Sensory analysis. The sensory attributes of Formulated and Standardized cookies were carried out by using 9 point hedonic scale and the T2 treatment had a high acceptability score when compared to T1 and T3. Protein, Energy, Carbohydrate, Fat, Dietary fiber, Ash, Moisture, Calcium and Iron were abundant in the T2 treatment. The shelf life of the cookies was analyzed for T2 treatment for 30days. The microbial analysis of T2 treatments, such as yeast and mould count, total bacterial count, were evaluated and the results were obtained on the 1<sup>st</sup> day (65cfu/gram), 5<sup>th</sup> day (95cfu/gram), 10<sup>th</sup> day (120cfu/gram) and 15th day (145cfu/gram). The cost analysis was evaluated in the study. The developed cookies are low - cost, nutritious and affordable to people of all socioeconomic groups.*

**Keywords:** *Palmyra sprout, Green gram, Gluten-Free, Cookies, Celiac disease.*