

CHARACTERIZATION OF MINERALS IN BISCUIT SUPPLEMENTED WITH SPINACH LEAVES POWDER (*Spinacia oleracea L.*)

Jyoti¹ and Sudesh Jood²

¹Ph.D. Scholar, Department of Foods and Nutrition
CCSHAU, HISAR, HARYANA (India)

²Professor, Department of Foods and Nutrition
CCSHAU, HISAR, HARYANA (India)
E-mail: jyotirao12362@gmail.com

Abstract—Green leafy vegetables are micronutrient dense nature's gift to mankind that provides more vitamins and minerals. Green leafy vegetables serve as good sources of minerals such as calcium, phosphorus, zinc and iron. The present study was conducted to see the effect of supplementation of spinach leaves powder in commonly consumed baked products like biscuits. Five types of composite flours were formulated by using wheat flour, bengal gram flour and spinach leaves powder in different ratio and evaluate their mineral content. Spinach leaves were dried in the shade for 6 to 8 h to remove excess moisture followed by oven drying at 40-45^oC till complete drying. The dried leaves were ground in an electric grinder to obtain a fine powder. Biscuits were prepared by using spinach powder and evaluated for their mineral content. All minerals were found to be improved significantly with increase in the level of incorporation of spinach leaves in wheat-bengal gram flour blends. Maximum contents were observed in 10% composite flour biscuits. Biscuits that contain more spinach leaves powder have highest minerals contents in comparison to their respective control product.

Keywords: Composite flour, Micronutrients, Supplementation