

# Beetroot Powder: its Potential uses and Applications

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**Abstract**—Over the last few years, beetroot (*Beta vulgaris L.*) is gaining immense popularity as functional food owing to its health promoting and disease preventing effects. Its nutritional content is exceptional and packed with essential nutrients and also a great source of fiber, folate (vitamin B9), manganese, potassium, iron, and vitamin C. It contains notably high amounts of inorganic nitrates. Several studies suggested that beetroot in any form either in raw, pickled or cooked confers amazing health benefits. In the recent years, people are becoming more aware and concern about the health well-being which led to the development of different forms and varieties of available sources. It is well known for its medicinal properties. Hence an effort has been taken to develop beetroot powder and to analyse its functional properties. Beet root is subjected to conventional processing which includes washing, peeling, slicing, drying and grinding is implicated with several quality and hygienic problems. The functional properties that were studied included density, wettability, insolubility index, flowability and viscosity. It has numerous benefits and helps in lowering blood pressure, increased exercise capacity, healthy liver function and reduces the risk of anaemia. Beet root juice from beet root powder can be prepared instantly whenever it is needed enhance quality similar to juice prepared from fresh beet root juice. It also has many applications in the food industries as colorant and hence can used in various products likes cake icings, ice cremes, soups, gravies dry mixes etc. Further studies may be undertaken to increase the recovery and the development and standardization of the beetroot powder-based products.