Nutritional evaluation of sweet and salty biscuits prepared by dried oyster mushroom powder

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The study was conducted on sweet and salty biscuit prepared by oyster mushroom powder obtained from different drying method. The most acceptable sweet and salty biscuits prepared by using mushroom powder prepared from mushroom grown on wheat straw analyzed for different nutritional parameters. The moisture, crude protein, ash, crude fibre, crude fat, and energy content of moisture content of control sweet and salty biscuits ranged from 2.53 to 2.61 per cent, 5.99 to 7.10 per cent, 0.68 to 1.01 per cent, 0.78 to 1.38 per cent, 31.62 to 31.76 per cent, 528.28 to 542.57 (kcal/day), respectively. Total sugar, reducing sugar, and non reducing sugar content of control and supplemented sweet and salty biscuits were found in the range of 27.12 to 27.38 per cent, 0.31 to 0.34 per cent, 26.78 to 27.10 per cent. ADF, NDF and pectin content were found in the range of 18.78 to 21.16, 46.26 to 51.01 and 2.98 to 3.12 per cent, respectively. B-carotene content of mushroom powder supplemented sweet and salty biscuits were in the range of 1.98 to 4.12 mg/100g. Calcium, iron and zinc content of control and supplemented sweet and salty biscuits ranged from 54.96 to 58.25, 6.15 to 8.30, 2.84 to 3.98 mg/100 g, respectively. In vitro, availability of calcium ,Iron and zinc were varied from 51.25 to 54.98, 51.03 to 52.63, 53.81 to 56.21 per cent, respectively. Polyphenols and Phytic acid of control and mushroom powder supplemented sweet and salty biscuits varied from 290.00 to 293.06, 294.01 to 294.53 mg/100g , respectively.

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