Development and nutrition composition of functional products prepared using fresh Kulfa (*Portulaca oleracea*) leaves

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**ABSTRACT**

Micronutrient malnutrition poses a serious threat to the health of vulnerable groups of population. Kulfa, as an important medicinal plant, high in nutritional value and rich in micronutrient was selected for the study. Products namely, *Poha*, *Raita* and *Paratha* were prepared. Organoleptic properties of products were judged by nine point hedonic scale. Proximate composition, mineral and vitamin content of products were analyzed.

**Key words**: Nutrition, Composition, Kulfa