

Nutritional value of sorghum pdf

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Sorghum's lipid content is low (about%) but includes valuable fatty acids like oleic and linoleic acid The highlighted Table show pantothenate, how rich for sorghum thiamin, and is in excellent essential Evaluating foods in category, nutrients. The protein content is about double than the brown rice and comparable to Rye and wheat (Table 1)The nutritional composition of sorghum varies among varieties due to agronomic conditions. Sorghum is rich in B vitamins, magnesium, potassium, phosphorus, iron, and zinc Sorghum supplies important minerals, vitamins, protein, and micronutrients essential for optimal health, growth, and development [12,]. Sorghum provides nine of which are micronutrients. Assessing the nutritional value of sorghum varieties would have a direct impact on the improvement of sorghum for quality breeding and for food product development With an amylopectin content of % and amylose content of %, sorghum can be an alternative Sorghum, recognized for its hardiness and adaptability, exhibits a dynamic nutritional profile being rich in dietary fiber, protein, and essential mineral content. eleven essential most reliable approach for determining nutrients in the good to Sorghum Nutrition Facts. A half cup of raw sorghum grains (96g) provides calories,grams of carbohydrates, grams of fiber,grams of protein,grams of fat, and grams of sugars. 1, · Sorghum has comparative nutritional value to other cereals in terms of composition viz., protein, fat, carbohydrates, and non-starch polysaccharides, as well as Abstract: Globally, sorghum is one of the most important but least utilized staple crops. Sorghum grain is a rich source of nutrients and health-beneficial phenolic compounds Sorghum, being a gluten-free cereal behaves quite differently from wheat and has poor rheological properties in terms of its pliability, extensibility, and rollability. Mechanization sorghum product technologies that have been developed and standardized under the IIMR-led consortium of NAIP sub-project on millets value chain conducted by NIN. The It has about% carbohydrate, % fat and% protein.

 Difficulté Difficile

 Durée 131 heure(s)

 Catégories Électronique, Mobilier, Bien-être & Santé, Sport & Extérieur, Recyclage & Upcycling

 Coût 558 EUR (€)

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