



Nutritional Rich ragi & sprouts Paratha mix

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ABSTRACT

*Nutritional Rich Ragi Parota was carried out. The main objective of Ragi paratha is to reduce and provide nutrients. Ragi is finger millet. It is rich in calcium and has high fibre content compared to other millets. Ragi is rich in protein and helps prevent hair loss. It is highly recommended for people suffering from hair loss. This review assesses the nutritional and health attributes of finger millet and its utilization in value added foods. Finger millet (*Eleusinecoracana L.*) ragi or mandua is one of the important millets grown extensively in various regions of India and Africa. With regard to protein (6-8%) and fat (1-2%) it is comparable to rice and with respect to mineral and micronutrient contents it is superior to rice and wheat. Nutritionally, it has high content of calcium (344 mg/100g), dietary fiber (15-20%) and phenolic compounds (0.3-3%). This minor millet contains important amino acids viz isoleucine, leucine, methionine and phenyl alanine which are deficient in other starchy meals. It is also known for several health benefits such as anti-diabetic, anti-tumorigenic, atherosclerogenic effects, antioxidant, which are mainly attributed due to its polyphenol and dietary fiber contents. Being indigenous minor millet it is used in the preparation of various foods both in natural and malted forms. Grains of this millet are converted into flours for preparation of products like porridge, puddings, pancakes, biscuits, roti, bread, noodles, and other snacks. Besides this it is also used as a nourishing food for infants when malted and is regarded as wholesome food for diabetic patients.*

Keywords- Nutrition, Ragi, iron, calcium, diabetics.

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1. INTRODUCTION -

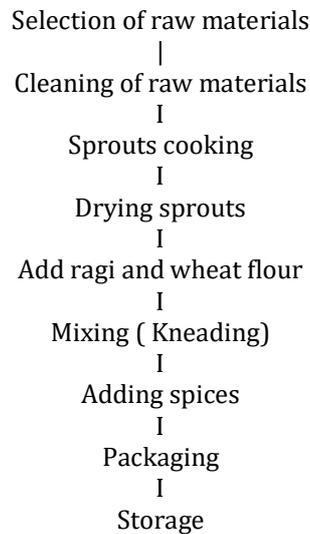
Ragi is the most frequent name for finger millet (*Eleusinecoracana*). It is sometimes referred to as Black millet and African millet. One is India, one of the top nations in terms of ragi production and consumption. It is widely grown in Gujarat, Karnataka, Tamil Nadu, Andhra Pradesh, Bihar, and Maharashtra. The rainfall for finger millet must be fairly high. It includes the amino acid methionine, which is deficient in the diets of hundreds of millions of the poor who depend on starchy staples like cassava, plantain, polished rice, or maize meal, finger millet is particularly beneficial. Methionine and tryptophan, two essential amino acids, are abundant in the finger millet proteins, along with significant levels of all other essential amino acids, with the exception of lysine. Given the high frequency of iron deficiency anaemia in pregnant women and rickets in young children in northern Nigeria, finger millet is a particularly important source of calcium and iron for those living there. The nation's diabetic population enjoys eating finger millet. Traditionally, either fermentation or malting are used to process finger millet. Malting finger millet has a noticeable impact on reducing the antinutrients while also improving its sensory, nutritional, and digestibility qualities. The malting qualities of finger millet are on par with those of barley and superior to those of other millets. During the germination process, the flavour profile of ragi also generally improves [2].

This research focuses on the history, consumption, nutrient profile, processing, and health advantages of finger millet, also known as ragi, which is one of the first millets in India (2300 BC). Finger millet contains the greatest levels of calcium (344 mg%) and potassium (408 mg%) of all the grains and millets. Compared to white rice, the country's current main grain, it has more nutritional fibre, minerals, and amino acids that contain sulphur. Despite the high nutritional profile of finger millet, current research shows that urban Indians generally consume fewer millets. Processes used to prepare finger millet include milling, malting, fermentation, popping, and decortication. Additionally, developing from finger millet are noodles, vermicelli, pasta, Indian sweet (halwa) mix, papads, soups, and bakery goods [1].

MATERIALS AND METHODS -

2.1 Raw materials - The material required for the Ragiparatha Ragi (nachni/ red millet flour.Boiled and coarsely crushed mixed sprouts (moong, mataka,chana) Whole wheat flour,Chilli Powder, Turmeric powder, Garammasala,Cuminseed,Salt,Oil etc.

2.2Flow chart of ragiParoatha -



1. selection of raw materials - selection of raw materials required for ragiParota purchased from local market.
- 2.cleaning of raw materials - cleaning of raw materials to remove any foreign particles sticks ,stones from ragi
3. Cooking sprouts - in the moong,mataki,channa this all cooking properly.
- 4.Dryning sprouts - this cooking sprouts to dry a mechanical instrument tray dryer is used.
- 5.Add ragi and wheat flour - In the ragi and wheat flour proper mixing (Kneading).
6. Then adding spices and roasting/ Frying sprouts mix paratha.
7. Packaging the polythene bag properly.
8. Stored in Dry place away from sunlight,our product ready.

2.3Preparation Of Paratha with Parathamix-

- 1.Take Nutrition rich paratha mix.
- 2.Add water &Kneading
- 3.make soft dough.
- 4.flattered dough into desire shape.
- 5.Frying on pan by using ghee or oil

RESULT AND DISCUSSION -

The formulation of Ragi Parota was carried out. The two different combination of ragiParatha prepared and the select one most acceptable sample by the basis of sensory evaluation the two different combination are was the sprouts mix Paratha and without sprouts paratha but assume that sprouts mix paratha was more acceptable than plane paratha..

CONCLUSION

RagiParatha's physiological and sensory characteristics are appropriate. It is an excellent source of protein and nutrition. These ingredients are reasonably priced and available at the neighbourhood market in Satara. Ragi is a very beneficial cereal crop and superfood that is rich in all necessary nutrients, such as dietary fibres, proteins, iron, calcium, antioxidants, and vitamins. It is also gluten-free, making it safe for people who have certain gluten and cereal allergies.

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