

Better utilization and improving keeping quality of pearl millet flour

Pearl millet flour can be stored only for 4-5 days as it quickly goes rancid due to high fat content and becomes unpleasant to eat. This is a major problem in the acceptability and utilization of pearl millet flour.

- ❖ Reduction in fat content of pearl millet grain can improve its palatability as well as storability.
- ❖ Baked product such as biscuits, cake etc. can be made successfully with great taste and nutritional value.

Nutritional value of various cereals (per 100 g)

Constituent	Pearl millet	Wheat	Rice	Sorghum
Carbohydrate (g)	67.5	76	80	75
Protein (g)	11.6	11.8	6.8	10.4
Fat (g)	5.0	1.5	0.5	1.9
Crude fibre (g)	1.2	1.2	0.2	1.6
Minerals (g)	2.3	1.5	0.6	1.6
Calcium (mg)	42	41	10	25
Iron (mg)	8.0	5.0	0.7	4.1

Nutritional value in pearl millet cookies (per 100 g)

Nutrient	Amount
Energy (Kcal)	448.21
Carbohydrate (g)	65.29
Protein(g)	8.58
Fat (g)	16.97
Calcium (mg)	60.4
Fibre (g)	2.56
Minerals (g)	1.28
Iron (mg)	2.7
Phosphorus (mg)	190.00

Process of making bajra cookies

