

Studies on Nutrient Composition of Extruded and Flaked Rice Developed from Selected Bold Rice Varieties

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ABSTRACT

Rice is a cereal grain which plays an important dietary role in nutrition of human beings. It is a good source of calories, protein, carbohydrates and vitamins. The present study was undertaken to know the nutrient composition of extruded and flaked rice varieties grown in RARS, Maruteru, West Godavari district, Andhra Pradesh. The extrusion process resulted in increase in protein, fat, calcium and iron in both varieties MTU 3626 and MTU 1001 which is mainly attributed to the addition of corn grits in the extrusion. The flaking process resulted in increase in protein, fat, fiber, calcium and iron in both varieties MTU 3626 and MTU 1001. Both the rice varieties tested are suitable for preparation of convenience and ready to eat snacks, that are nutritious and can serve as good source of food to fulfill the nutritional needs of individuals of all age groups.

Key words: *Extruded rice, Flaked rice, Nutrient Composition*