



Review on Nutritional benefit from cookies

Sarthak kantarao ghaywat

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ABSTRACT:-

This study was carried out to evaluate the pumpkin seeds powder as function properties, phytochemical and vitamins to prepare cookies using partial replacement of 72% wheat flour extraction. Chemical composition, minerals contents and dietary fibres were determined in raw materials and its blends. Whereas sensory evaluation, physical properties, color and texture profile analysis were determined in cookies. The result showed that the functional and emulsification properties were of great quality in a pumpkin seeds powder. Moreover the pumpkin seeds had great total phenolic content, total flavonoids compound, antioxidant activity and vitamins. The results observed that the blend at 15% fortified pumpkin seeds powder was the highest in protein, fat, ash and crude fiber. This may be due to greater the chemical composition of pumpkin seeds, than the wheat flour 72% extraction. Therefore, it could be recommended that when pumpkin seeds are added up to 15% good quality and nutrition value are obtained for cookies.

KEYWORDS:-

Anti-oxidant, Bakery Product, Biscuit, Web Cookies, Advertising.

INTRODUCTION:-

The pumpkin seeds from the cucurbitaceae family are usually considered as industrial waste products and thrown out, in some are as seeds are although simply for the domestic purpose.

As they are rich in proteins fibres, minerals like iron, zinc, calcium, magnesium, copper and sodium, PUFA (polyunsaturated fatty acids) phytosterol and vitamins they might be considered important for the food industries as the seeds are considered important for the food industries, as the seeds are considered a by-product of the pumpkin fruit, they are cheaper and their utilisation in different food products may lead to enhancement in their nutritional value at a lower cost.



NUTRITIONAL COOKIES

AIM AND OBJECTIVE:-

AIM:- Formulation and Evaluation of Nutritional Cookies.

OBJECTIVE:-

Identify the six types of cookies.

Demonstrate how to cream for successful results. Explain principles of pastry preparation.

Prepare cakes and cookies.

Compare characteristics of crystalline and non-crystalline candies.

ADVANTAGES:-

It's very simple to use and implement. Browser takes care of sending data.

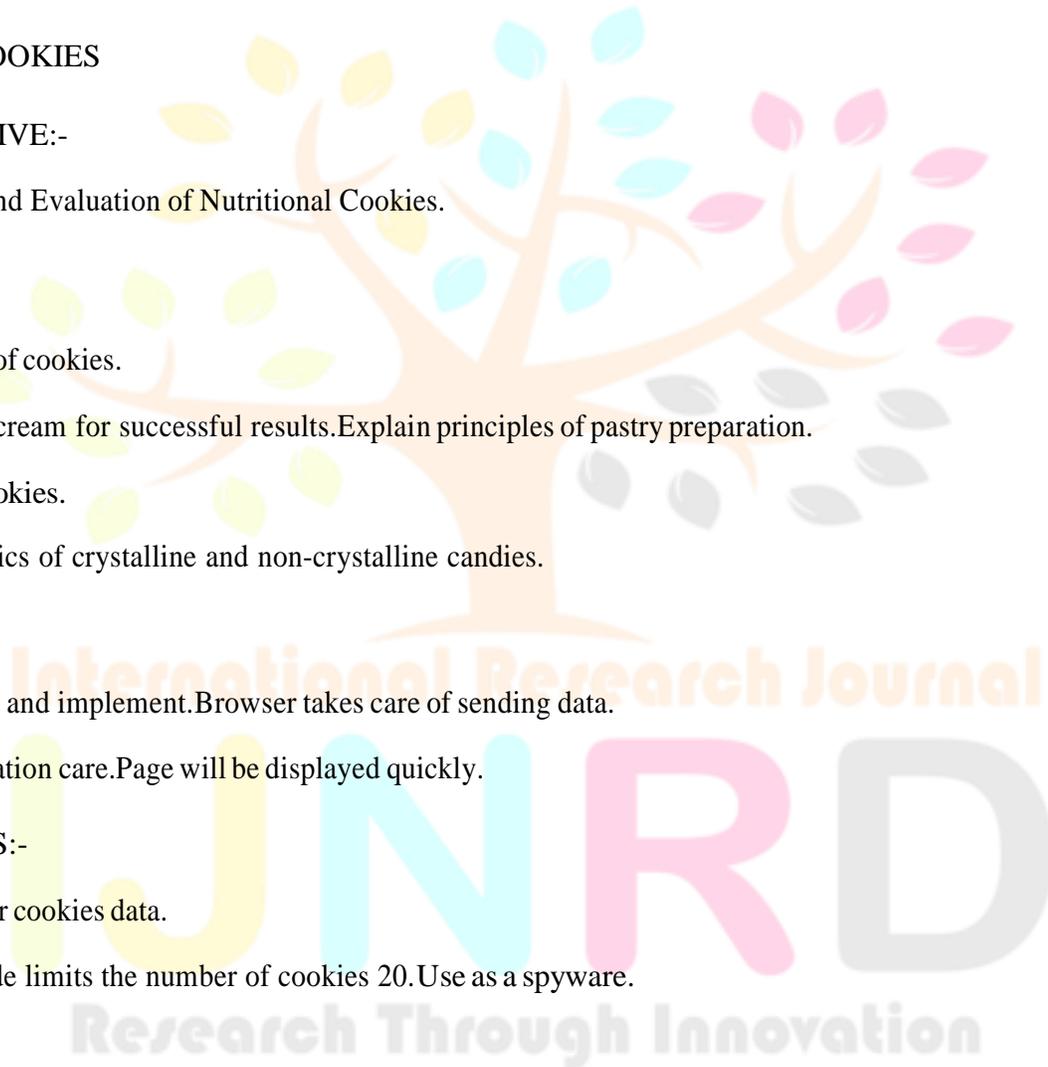
Acts as your identification care. Page will be displayed quickly.

DISADVANTAGES:-

There is a size limit for cookies data.

Most browsers provide limits the number of cookies 20. Use as a spyware.

Storage.



RAW MATERIAL USED:-1:- PUMPKIN:-



Biological Name:- Cucurbita Family:- Cucurbitaceae

Synonym:- fruit.n, Vegetable.n., Calabash.n. Order:- Cucurbitales

Genus:- cucurbita

Uses:- lots of vitamin A and carotenoids. Good for cholesterol and heart health.

Provides skin health and protection.

Nutritional Value of Pumpkin

- Calories -26 cal
- Carbohydrates -7 g
- Fat-0.1g
- Protein-1g, Sugar 2.8 9
- Fiber -0.5 g
- Iron -4%
- Calcium -2%

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2.ALMOND:-



Scientific name:- Prunus amygdaluaeFamily:- Rosaceae

Synonym:- Sweet almond, Prunus almond, Edible nut.Order:- Rosales

Genus:- Prunus

Uses:- Improves brain function. Helps with weight management.Improves blood pressure levels. Treat diabetes.

Nutritional Value of AlmondsCholesterol-Free

Good Source of FiberGluten-Free

Low in Saturated FatSodium-Free

Rich in unsaturated fats, fiberand phytonutrients

FIBER 3.5 g CARBS 6.1gPROTEIN 6 g

FAT 14.2 g

CALORIES 164

3.WHEAT:-



Biological Name:-TriticumFamily:- Poaceae

Synonym:- Sorghum TriticaleOrder:- Poales

Genus:- Triticum

Uses:- Improves cellular metabolism.Reduces the risk of heart diseases. protects against sun damage.
lower blood pressure.

Nutritional Value of Wheat

Nutrients (per 100 grams) Its amountCalories 340 kcal

Carbohydrates 72 g

Protein 13.2 g

Fiber 12 g

Fat 2.5 g

Sugar 0.4 g

Water 11%

Vitamin D 0 mcg

Calcium 25 mg

Iron 3.6 mg

Potassium 340 mg

IDEAL PROPERTIES OF NUTRITIONAL COOKIES

1. Cookies can be a good source of protein, which can help to create new tissue and muscles.
2. Whole grain flour in cookies provides fiber, which can help to weight loss, lower cholesterol, and prevent constipation.
3. Calcium is an important mineral that can be added to cookies.
4. Cookies enriched with ingredients like mushroom flour can have more anti-oxidants than plain wheat cookies.
5. Fat is an important ingredient in cookies that adds flavor, texture, and appearance.
6. Cookies should be big enough to taste good but not so big that they're a full meal.
7. Cookies should be rounded in the middle and snap if they're crispy or bend and break if they're chewy.

CONCLUSION:-

The above research studies confirmed that the pumpkin seeds have nutritional properties, and also produces delicious products as cookies. The nutrients composition analysis of pumpkin seeds showed that these are very nutritious and provide many essential nutrients for health. The pumpkin vitamins, and natural antioxidants. Due to high mineral and protein content as well as high availability of such constituents of pumpkin seeds, the pumpkin seeds flour can be utilized as a recipe and / or protein complement, in a variety of local foods such as bakery products (cookies) and as the thickener in a food system.

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