NUTRITIONAL AND BIOCHEMICAL IMPORTANCE OF CHICKPEA IN RESPECT TO HUMAN HEALTH A REVIEW

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Abstract: Pulses are an important source of dietary protein, energy, minerals and vitamins for the mankind. Chickpea is a good source of carbohydrates and protein, together constituting about 80% of the total dry seed mass in comparison to other pulses. They are a good source of many nutritionally important substances, especially the high-quality proteins with typically high content of lysine and a lower content of sulphur containing amino acids. Hence, it is appropriate legumes with cereals to balance the resulting amino acid composition of the food. The content of total dietary fiber in dry matter reaches about 30% and the resistant starch in legumes also behaves like a fiber. Chickpea is being consumed by humans since ancient times owing to its good nutritional properties. Furthermore, chickpea is fulfilling the need as functional food with potential beneficial effects on human health.

Keywords: Chickpea, Human health, Legumes Nutritional significance

REFERENCES


