

Preface

The consumption preference of legumes as food is mainly due to rich source of protein and other nutritional components. However, the presence of antinutritional factors limits the consumption preference. Simple traditional household processing techniques might not be efficient in removing the levels of antinutritional factors. Therefore, an efficient processing technique becomes essential so as to increase the nutrient bioavailability by removing antinutritional factors. This research work was done to minimize the level of antinutrients by manoeuvring the processing parameters with simultaneous optimization during the preparation of the three selected popular legume-based traditional fermented foods of India. The work further aimed to prepare the fermented food products with excellent organoleptic attributes in terms of quality.

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