



16. Low glycemic index water chestnut based crackers

Name of Inventor

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Type: New

Date: 2018

Patent: NA

Description of Technology

Low glycemic index water Chestnut based flour is developed by blending water chestnut flour and barley flour in the ratio of 70:30

Proximate composition of the product

- **Moisture:** 5.15%
- **Crude protein:** 3.75%
- **Crude fat:** 33.04%
- **Ash:** 2.36%
- **Crude fiber:** 3.80%
- **Carbohydrates:** 51.90%
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Shelf life: Minimum 35 days (packed in metalized polythene under ambient and refrigerated conditions)



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Impact

Water chestnut and barley despite having good nutritional profile and low GI are still considered as underutilized crops. These crops were therefore explored for development of low GI crackers especially for people suffering from diabetes. The outcome of this study will open up a new window in the baking sector to develop low GI crackers viz-a-viz adding value to these crops which will help to provide remunerative returns to those who are directly or indirectly involved in trade of these underutilized crops

Commercial applicability

Despite the high nutritional profile of water chestnut flour, its use as a major ingredient in food processing industries is still limited, and in view of its low glycemic index score, water chestnut flour can serve as a favourable choice for the development of various functional bakery products viz crackers. The inclusion of low GI water chestnut flour in the bakery items can help to reduce type-II diabetes, cardiovascular diseases and other metabolic risks.