

## Nutritional and Functional properties of Horse Gram

**Akanksha Yadav**

SGT University, Gurugram, Haryana, India

**Statement of the problem:** The demand for horse gram is increasing among consumers due to its rich source of nutritional properties like protein, essential fatty acids, minerals, and vitamins. Horse gram contains a plethora of functional active compounds like dietary fiber, antioxidant, enzymatic/proteinase inhibitors, phytic acids, and phenolic acids that have significant physiological and metabolic effects on human health. Horse gram is acclaimed for its functional effect that minimizes the possibility of intestinal disorders, diabetes mellitus, cardiovascular disease, tooth cavities, and other conditions. In light of the growing demand for food having nutraceutical properties horse gram-incorporated food products are a significant contribution to the development of ready-to-eat value-added foods for healthy living. The present article elaborates overview of nutritional qualities and functional properties with value-added products of horse gram to expand the opportunities for researching horse gram as a source of nourishment.

**Keywords:** Horse gram, Functional properties, Nutritional composition, Bioactive compounds

### Biography

Akanksha Yadav, Associate Professor, Department of Nutrition and Dietetics, Faculty of Allied Health Sciences, SGT University, Gurugram, Haryana (India)

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