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Development of Value Added Products from Betel Leaves (*Piper betel* L)

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The deep green heart shaped betel leaves popularly called as paan in India, belongs to Piperaceae family and known for its nutritional and medicinal value. The present study was undertaken to standardize the process of dehydration and to develop shelf stable products. Two types of betel leaves namely, Kariyele and Ambadiyele were analyzed for physical, physico-chemical and nutrient analysis. The dehydration and rehydration ratio for Kariyele and Ambadiyele were (18.41 and 5.16) and (13.41 and 4.87) respectively. Value added products from betel leaves were developed such as khakhra, papad and soup mix by incorporating betel leaves powder at 5%, 7.5% and 10% levels. Sensory evaluation revealed that, developed products were in the range of like moderately to like extremely. Betel leaves khakhra (BKK1 and BAK1), papad (BKP1 and BAP1) and soup mix (BKSM1 and BASM1) were best accepted (at 5%) compared to other variations. Khakhra had higher energy (441.78 to 444.7 Kcal), fat (12.15g to 12.29g), fiber (2.75g to 2.97g) and iron (5.51mg to 7.30mg). Papad had higher protein (23.78g to 24.41g) and calcium (111mg to 252mg) where as β - carotene (294.11 μ g to 624.21 μ g) and vitamin- C (2.34mg to 4.07mg) were higher in soup mix. The developed products were within safe permissible limits and accepted up to 60 days at room temperature when stored in aluminium pouches. The cost of products were found to be higher for papad (Rs 26/-) and least for khakhra (Rs 17/-). Thus, betel leaves could be dehydrated and processed into value added shelf stable products.

Biography:

Vijayalaxmi K G has completed her Ph.D in 2009 in University of Mysore in the Food Science & Nutrition. Presently she is working as a professor UAS Bangalore, India. Vijayalaxmi had 6 research projects as Principal Investigator. She published 30 research papers in National/ International Journals, Published 55 popular articles, 15 leaflets and 30 training manuals and also she guided one PhD and 8 M. Sc students