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NUTRI WAFFLES WITH TOMATO DIP

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ABSTRACT

Obesity is on the rise in India with higher number of men and women and also children becoming overweight and obese. Also obesity along with its prevalence brings many other risk factors such as diabetes, cardiovascular disease and other such diseases. However, being obese does not mean one has to starve himself and not eat any snacks between the meals or the yummy foods. A Nutri waffle is an innovative recipe which is easily accepted by children which is a healthy option which will also keep them full. It was made considering high in protein content and low in fat content with *Phaseolus aureus Roxb* (Green Gram Dal) as the main ingredient and *Trigonella foenum graecum* (Fenugreek leaves) and *Cicer arietinum* flour (Besan) along with it. *Phaseolus aureus Roxb* is high in protein content which is known to increase the metabolic rate, *Trigonella foenum graecum* has good amount of fibre and also has higher iron content. It can be served with a tomato dip. The tomato dip contains blanched tomatoes with a pinch of garlic.

Key words: Waffles, obesity, *Phaseolus aureus Roxb*.

INTRODUCTION

Obesity is becoming an area of concern as higher the number of people who are obese higher will the risk of the diseases associated with it. The main cause of obesity is the decreased physical activity and intake of less amount but high calorie foods. These calories if not expended are stored in the body as fats. Accumulation of these fats in the body over the years leads to many other complications such as insulin resistance, cardiovascular diseases, hormonal imbalances and many more complications. In a study carried out by S. Yadav, et al they found that hypertension and pre-hypertension were related to increasing Body Mass Index, Central obesity and impaired glucose tolerance⁽¹⁾. Therefore, it is important to manage weight nearby Ideal Body Weight to prevent risk factors of the diseases; this can be done by eating right and engaging in physical activity and exercise. A Nutri waffle is an innovative snack which contains pulses with green leafy vegetable which is not only attractive and tasty but also nutritious. Tomato dip is made with tomato and garlic which can be a good substitute for readymade sauces which are high in their sugar content.

MATERIALS & METHOD

The waffles were baked in the waffle maker which requires very little oil only for greasing and it also gives a

perfect taste. Sensory evaluation was done and the recipe was modified accordingly.

INGREDIENTS

INGREDIENTS USED TRADITIONALLY

Wheat flour – 50 gms
Castor Sugar - 50 gms
Milk - ½ cup
Ghee– 1 tbsp

INGREDIENTS USED IN THE MODIFIED RECIPE

Moong dal – 60 gms (soaked)
Fenugreek leaves – 4 tsps
Chana Dal Flour – 2 tsps.

NUTRITIONAL CONTENT

Traditional	Modified
Energy: 573 kcals	Energy: 222.52 kcals
Carbohydrate: 89.1 gms	Carbohydrate: 43.12 gm
Protein: 9.25 gms	Protein: 17.66 gm
Fat: 19.95 gms	Fat: 1.46 gm
Magnesium: 66 mg	Magnesium: 81.1 mg
Fibre: 6.25 gms	Fibre: 7.39 gm

METHODOLOGY

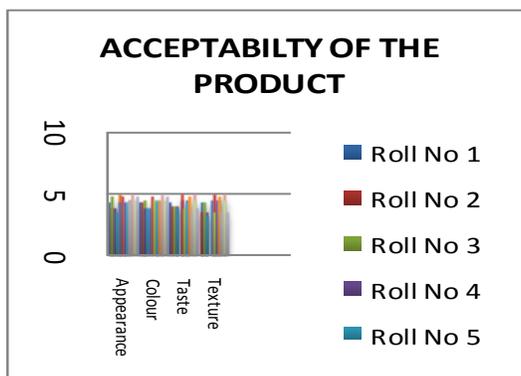
WAFFLES

Ingredients	Amount	Method
Green Gram Dal	60 gms	Wash and Soak the Green Gram dal for an hour.
Green Chilly Ginger	1 small 1 cm piece	After soaking the dal blenderize it by adding little water, green chilly and ginger and make it to a semi-liquid consistency.
Fenugreek leaves (finely chopped)	4 tsps	Add 4 tsps of Fenugreek leaves to the batter.
Besan	2 tsps	Add it to the batter.
Salt	To taste	Add salt to the batter and mix well.
		Now, put all the batter in the waffle iron and bake for 30 minutes.
Total waffles.	2	Serve with tomato dip.

DIP

Ingredients	Amount	Method
Tomatoes	2 no.	Boil the tomatoes and peel off the skin.
Garlic	1 clove	Chop the garlic finely.
Salt	To taste	Blenderize the tomatoes with garlic and salt and make a thick paste.
		Serve it with the waffles.

SENSORY EVALUATION



RESULTS AND DISCUSSION

The various ingredients used in this recipe provide various health benefits for normal individuals as well as people who are obese. In a study carried out by Rania Abou Samra and G Harvey Anderson, they found that fibre especially insoluble fibre reduces appetite and also reduces

the glycemic effect of the food consumed later (Rania Abou Samra and Harvey Anderson, 2007). In another study carried out by Thomas L. Halton, Frank B. Hu they found that high protein diets cause early satiety and also increase thermogenesis which results in weight loss (Thomas).

GREEN GRAM DAL

It contains both soluble and insoluble fibre which is beneficial for obesity and also to reduce the Glycemic Index of foods. Also, contains Vitamins such as A, C, E, Folate and minerals such as Calcium, Iron and Potassium.

FENUGREEK LEAVES

Fenugreek leaves are considered good source of Fibre, Iron and Vitamin K. The fibre which is present helps relieving constipation. Acts as a cooling agent in the body. It is beneficial for pregnant and lactating mothers and is given as a galactogog.

BESAN

A third of starch in besan is Amylose which is slowly digestible starch which is helpful for diabetics and also to prevent weight gain. People with Celiac diseases who cannot tolerate Gluten can use Besan instead of gluten containing products. It is known as high protein flour and therefore provides various health benefits and is also used as a thickener or a binder.

TOMATOES

They contain the anti-oxidant lycopene which is known to reduce the risk of prostate cancer. Low in calories so helpful for people trying to reduce weight. Cooking tomatoes releases more of anti-oxidants to be taken by the body than consuming raw tomatoes.

CONCLUSION

This innovative recipe, nutri waffles thus contains various ingredients which prove helpful for obese people as well as others to avoid risk of obesity and other risk factors. However, along with eating right it is also important to indulge in exercise regularly and carry out daily physical activity. Overall the recipe was liked and found as an interesting snack.

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