

Healthy Beetroot Ladoo; An Overview

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SUMMARY

Red beetroot is grown and consumed in raw and cooked form all over the world, both for its palatability, and its high nutritive and medicinal value. It is well known as a health promoter, disease preventer and treatment. So, it is used as a functional food source against many diseases like diabetes, cancer, cardiovascular disease and other chronic diseases.

INTRODUCTION

Beta vulgaris, commonly known as beet root is a seasonal vegetable commonly found in Assam. Due to its high sugar content, beetroot is delicious eaten raw but is more typically cooked or pickled. But it has been found that beetroot has various health beneficial properties. Such as, Betacyanin, the pigment that gives beetroot its color, is also an antioxidant, which helps reduce blood pressure and the risk of heart attacks and strokes, reduces risk of osteoporosis, Lowers cholesterol and helps stabilizing blood sugar. Beetroot also contains folic acid which is essential for normal tissue growth. Beetroots also contain carbohydrates, protein and soluble fiber. The negative aspects about this vegetable is its high sugar content and so, the products made out of beetroot may not be recommended for people with diabetes problem. This area requires further studies as Beetroot is locally available vegetable, if utilized properly in food processing sector, can boost the economic condition of the local farmers and traders. In this study, there was an attempt to make, beetroot Ladoo



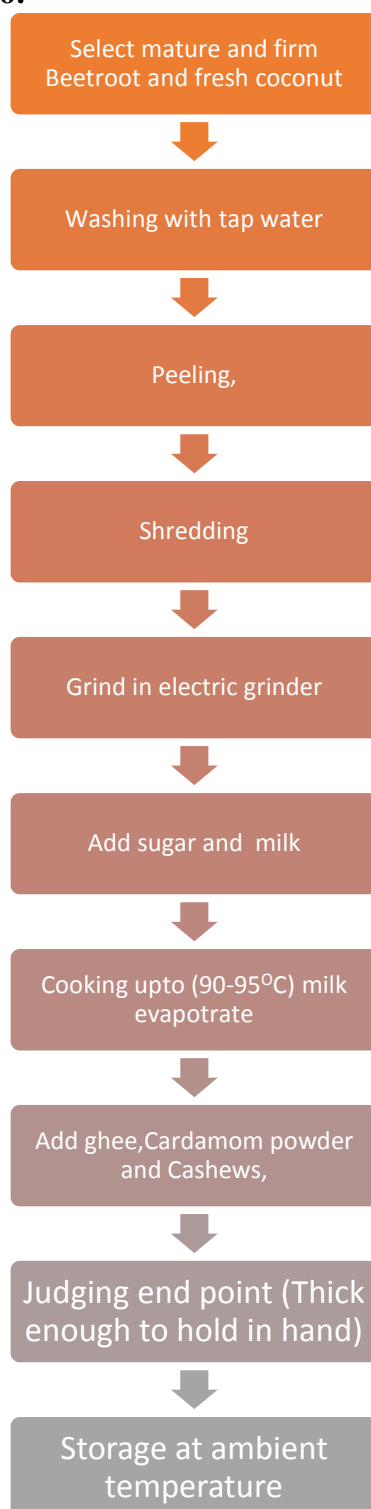
Fig. Beetroot Ladoo

Nutritional Parameters of Beetroot (per 100 gm of edible oil)			
Moisture	87.7 g	Phosphorus	55 mg
Protein	1.7 g	Iron	0.4 mg
Fat	0.1 g	Sodium	59.8 mg
Minerals	0.8 g	Potassium	43 mg
Fiber	0.9 g	Copper	0.20 mg
Other		Sulphur	14 mg
Carbohydrates	8.8 g	Thiamine	0.04 mg
Calories	43	Riboflavin	0.09 mg
Calcium	200 mg	Vitamin C	88 mg
Magnesium	9 mg		
Oxalic Acid	40 mg		

(Source: Vegetables by Biswwajit Choudhury)

Beetroot Ladoo:

Ladoo are a quintessential Indian sweet savored on every festival or occasion in our country. Gorging into this round, sweet and colorful delights called *ladoo* is exactly how we define pure love. Agree or not, if we had an option to select our national sweet, we would have named *ladoo* as one of the strongest contenders among many others. It is a ubiquitous sweet that is prepared every time during a festival, a family function or any other occasion. What makes *ladoo* special sweet is its versatility. It can be made with different ingredients and in fact, every Indian region has a variety of its own.

Process Flowchart of Beetroot Ladoo:

Procedure of Beetroot Ladoo:

- Rinse, peel and grate the beetroots (480gm) and fresh coconut (200gm) Grinding the beetroots and fresh coconut in electric grinder.
- Take the grated beetroots and coconut in a thick bottomed pan. Add milk (300ml).
- Mix and cook the grated beetroot, coconut and milk mixture on a low to medium flame.
- The milk will boil and froth whilst cooking. Continue to cook and keep stirring often.
- When almost 90% to 95% of the milk has reduced, add ghee (20ml) and sugar (200). Stir and continue to simmer the ladoo till it's almost done.
- Towards the end, add cardamom powder, Cashews.
- Stir and continue to cook till the milk has evaporated and it is sufficiently hold in hand to make ladoo.
- Cool at room temperature.
- Store at ambient temperature.

CONCLUSION

Red beetroot is one of the richest foods from the vegetal kingdom, containing essential components like: Vitamins, minerals, phenols, carotenoids, nitrate, ascorbic acids and betalains. The effect of these phytochemicals depends on the bio accessibility of these nutrients during gastrointestinal digestion. Processed red beetroot manifests high stability and antioxidant activity. So, red beetroot could be used as a potential material to develop functional and innovative foods. Used as such or in combination with other food matrices, red beetroot could create synergism with other products and increase their nutritional value. Red beetroot could be used as a product itself, as well as a preservative in order to replace nitrate in meat products.

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