

Antinutrient & Toxicity

Antinutrient and Toxicity ID	124
Crop ID	Yautia
Part	Tuber
Reported Factor	Tannin
Effect	Phytate has been recognized as an anti-nutrient due to its adverse effects because it lowers the availability of many minerals such as copper, iron and zinc
Cause Toxicity	false
Cause Allergic Reaction	false
Reduction Method	Various studies have shown that the processing methods such as boiling, fermentation and roasting can significantly reduce antinutritional factors
Notes	<i>NULL</i>
Metadata Id	8,575