

Antinutrient & Toxicity

Antinutrient and Toxicity ID	130
Crop ID	Breadfruit
Part	Fruit
Reported Factor	Phytic acid
Effect	<i>NULL</i>
Cause Toxicity	false
Cause Allergic Reaction	false
Reduction Method	Soaking was also effective in reducing phytic acid which was unaffected by cooking
Notes	Breadfruits harvested from the same tree on a farm around Ile-Ife, Osun State, Nigeria were prepared into meals
Metadata Id	8,576