

Antinutrient & Toxicity

Antinutrient and Toxicity ID	138
Crop ID	Fonio
Part	Grain
Reported Factor	Phytate
Effect	It would be expected that lowering of this compound should enhance the content of such minerals as zinc and iron in the extrudates as phytic acid has been implicated in making these minerals unavailable.
Cause Toxicity	false
Cause Allergic Reaction	false
Reduction Method	Extrusion cooking further reduced the level of phytate in the extrudates.
Notes	Notes that the anti-nutritional composition is based on the raw samples.
Metadata Id	8,579