

Antinutrient & Toxicity

Antinutrient and Toxicity ID	141
Crop ID	Proso Millet
Part	Grain
Reported Factor	Phytates
Effect	Phytates bind certain minerals, particularly multivalent cations including Ca, Mg, Fe and Zn, thus made these biologically less available.
Cause Toxicity	false
Cause Allergic Reaction	false
Reduction Method	Dehulling reduces the phytate content by 17-24%. Milling, soaking, cooking, fermentation and breadmaking can also reduce phytic acid content of foods.
Notes	<i>NULL</i>
Metadata Id	8,580