

# Antinutrient & Toxicity

Antinutrient and Toxicity ID	205
Crop ID	Cole's Wattle
Part	Seed
Reported Factor	Phytate
Effect	Phytate is known to reduce the absorption of micronutrients, including zinc, iron and calcium and niacin. It can also interfere with the action of some digestive enzymes such as pepsin.
Cause Toxicity	false
Cause Allergic Reaction	false
Reduction Method	A short period of roasting is sufficient to reduce phytate levels to negligible values.
Notes	<i>NULL</i>
Metadata Id	8,919