

# Antinutrient & Toxicity

Antinutrient and Toxicity ID	223
Crop ID	Chickpea
Part	Seed
Reported Factor	Tannins
Effect	Tannins inhibit enzymes, reducing the digestibility and making chickpea astringent.
Cause Toxicity	false
Cause Allergic Reaction	false
Reduction Method	Though the ANFs act as limiting factors in chickpea consumption, they can be reduced or eliminated by soaking, cooking, boiling and autoclaving.
Notes	<i>NULL</i>
Metadata Id	8,922