

# Antinutrient & Toxicity

Antinutrient and Toxicity ID	224
Crop ID	Chickpea
Part	Seed
Reported Factor	Phytic acid
Effect	Phytic acid can bind to several important divalent cations (e.g. iron, zinc, calcium and magnesium) forming insoluble complexes and making them unavailable for absorption and utilization in the small intestine
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