

Antinutrient & Toxicity

Antinutrient and Toxicity ID	51
Crop ID	Quinoa
Part	Grain
Reported Factor	Saponin
Effect	Some saponins form complexes with iron and zinc reducing their absorption.
Cause Toxicity	false
Cause Allergic Reaction	false
Reduction Method	To overcome this saponins, sweet varieties were developed and for bitter varieties are reported to process by wet methods (strong washing in cold alkaline water), dry methods (heat treatment, extrusion, roasting, or mechanical abrasion) or a combination of both methods.
Notes	<i>NULL</i>
Metadata Id	8,559