

# Antinutrient & Toxicity

Antinutrient and Toxicity ID	74
Crop ID	Winged Bean
Part	Seed
Reported Factor	Saponin
Effect	The presence of antinutrients in foods preparations particularly for children could hinder the efficient utilization and digestion of some nutrients and therefore reduce their bioavailability but may have beneficial effects on adults.
Cause Toxicity	false
Cause Allergic Reaction	false
Reduction Method	The use of moist heat or soaking.
Notes	<i>NULL</i>
Metadata Id	8,563