

**CENTRAL FOOD TECHNOLOGICAL RESEARCH INSTITUTE
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LOW GLYCEMIC INDEX NOODLES

Introduction: Noodles and Pasta are major group of food products consumed all over the world. Noodles are considered to be high glycemic foods because of its high release of sugars during digestion and absorption. Incorporation of low glycemic index ingredients to these noodles will lower the glycemic response. The reason for the same is due to increase in the dietary fiber and also protein content. Rajma is well known low GI ingredients and not used in noodle processing so far. Dietary fibers (both insoluble and soluble) from rajma shown to reduce the rise in blood glucose and increase insulin sensitivity following carbohydrate meals. The developed Low GI noodles formulation could be used for normal and diabetic population. The Low GI noodles have increased fiber content by 3-4% compared to normal noodles. It can be consumed along with tastemaker as a main course.

Shelf life of the product is about 7 months.

Raw material : . *T. durum* Semolina flour, Rajma flour and additives (Guar gum).

EQUIPMENTS REQUIRED: Toaster, mixer, extruder, tray drier, weighing balance, grinder, planetary mixer etc.

PROJECT REQUIREMENT (an estimate) :

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| Land (Approx. in Sq. Metres) | 500 |
| Building (Approx. in Sq. Metres) | 50 |
| Plant & Machinery (Approx. Rs. in '000) | 1600 |
| Total Project cost (Approx. Rs. in '000) | 2500 |
| Cost of production/kg : ~ Rs. 93 | |

CAPACITY :

Capacity: 116 kg/day