

## Fortified mango bar

**Introduction:** Mango varieties Totapuri and Alphonso are processed into pulp and concentrate. Mango is a good source of natural plant pigments carbohydrates, carotenoids, polyphenols and soluble and insoluble dietary fiber. Mango bar is a popular confectionary product widely accepted by the consumers for its texture, color and overall quality. Fortified mango bar is developed to contain betacarotene supplemented from Carrots which is known to contain a very high carotene and betacarotene content and minerals such as Calcium and Zinc. Bioavailability of carotenoids and polyphenols from plant sources is reportedly higher which would render the fortified bar as an important food vehicle for the fortification of these important nutrients and minerals. Fortified mango bar also contains natural carbohydrates, pectin, dietary fiber, and other micronutrients such as calcium and zinc.

**Use:** The bar can be consumed as confectionary product and can be used as a concentrated source of energy in special rations designed for mid day meal, expeditions and defense. It is suitable for consumption by children, adults, teenagers and aged people.

**Shelf life** of the product is about 6 months

**Raw material :** Mature ripe mango pulp, dehydrated carrot powder, cane sugar, etc.

### EQUIPMENTS REQUIRED:

Fruit washer, Stirrer, Fruit pulper, SS Preparation tables, Boiler, SS blending tank with agitator and pump, SS steam jacketed kettles, Hot air drier

### PROJECT REQUIREMENT (an estimate) :

Land (Approx. in Sq. Metres)	800
Building (Approx. in Sq. Metres)	288
Plant & Machinery (Approx. Rs. in '000)	2000
Total Project cost (Approx. Rs. in '000)	6800

### CAPACITY :

Capacity: 200 kg/day