

# Evaluation of Sensory Attributes in Composite Flour Blends for Biscuits, Chapattis, and Instant Upma Mix

Vide Ravi<sup>1</sup> and Dr. Sunita Singh<sup>2</sup>

Research Scholar, Department of Food & Nutrition<sup>1</sup>

Research Guide, Department of Food & Nutrition<sup>2</sup>

NIILM University, Kaithal, Haryana, India

**Abstract:** While bio-accessibility is ascertained by *in vitro* experiments that examine the quantity of compounds accessible for intestinal absorption, bioavailability is evaluated by *in vivo* examinations of blood and/or urine metabolites after ingestion of targeted compounds. The study's primary goal is to evaluate the sensory quality of products made using composite flour blends. Upma Mix, Chapattis, and Biscuits. All of the participants in the research, who were adult females between the ages of 22 and 26, gave permission for a blood sample to be taken. Composite flour blend 1 had the following nutrient composition: 12.05 percent moisture, 22.16 percent crude protein, 2.78 percent total ash, 3.05 percent crude fat, 12.21 percent crude fiber, 56.34 percent carbohydrates, 343.5 kcal/100g energy, and 13.89 percent total dietary fiber.

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