

Baked Carrot (*Daucus carota* L.) Nachos for Boosting Immunity

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Abstract: *The demand for immunity boosting food products is increasing owing to the increasing numbers of health issues. Carrot (*Daucus Carota* L.) among the most important root vegetables which act as, immunoenhancers, anti-inflammatory, anti-oxidants, anti-carcinogens, anti-bacterial, anti-diabetic, anti-hypertensive, hepatoprotective etc. The ingredients used are raw carrots, maize flour, green gram flour, refined wheat flour, green gram flour, black gram dal flour, and several health beneficial herbs. Consumer's attribute towards immune boosting foods were mainly positive, with scientific validation being important in determining the credibility of the product. But there is no evidence that any product or practice aside from a vaccine will provide extra or enhanced "immunity boosting" protecting against viruses. Based on the rising demand for healthy snacks, manufacturers are investing more in enhancing their production capacity of baked nachos. Hence, the demand for baked nachos is increasing among the population of health-conscious consumers.*

Keywords: Immunity booster, carrot, anti-diabetic, anti-oxidants

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