

# 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

## I. INTRODUCTION

The tortilla chips have the second product of consumption of salty snacks, behind only potato products. In 2010, the market of tortilla chips represented the first product in terms of sales volume in the area of sweet and savory snacks in the United States, with a value of US\$ 6295 million (Market Indicator Report, 2011). Tortilla chips are Mexican corn snack products, which are produced by nixtamalization process, which involves alkaline cooking, steeping, washing and stone grinding of the kernels to produce masa. Corn masa is kneaded and moulded, then baked on a hot griddle and fried for tortilla chips (Moreira et al., 1997, Kawas and Moreira, 2001). It was reported that, tortilla made from nixtamalized flour prepared with 1.0%(w/w) calcium-hydroxide and a nixtamalization time of 45 min showed similar functional characteristics to the traditional tortilla of blue maize benefits of nixtamalization process decreases processing time and water consumption. (Alicia cortez-gomez et al. ,2005). Research shows that production of tortilla and corn chips were standardized using different maize varieties (sheeta, parbhat, parbhat-I and JH-4193). Sheetal was the best among all varieties. The chips baked at 240°C for 2 min (for tortilla chips), fried at 190°C for 15 min and sprinkled with mixed seasoning scored highest rating recorded in overall secondary attributes (Rupinder Jeet Kaur et al. ,2012). With increases health awareness and to added more nutritional value fortification of BF (Bean flour) at different concentrations, remarkably affected the nutritional and sensory attributes of tortilla chips (Luz Araceli Ochoa-Martínez et.al ,2016). In 2017, developed maize potato tortilla chips by substituting maize chips with fresh potato mash and dehydrated potato flour were highly overall acceptable, more nutritious and long-lasting storage life (Sukhpreet Kaur and Poonam Aggarwal,2017).

Adage that carrots are good for eyes, carotenoids, polyphenols and vitamins present in carrot act as antioxidants, anticarcinogens, and immunoenhancers. Anti-diabetic, cholesterol and cardiovascular disease lowering, anti-hypertensive, hepatoprotective, reno protective, and wound healing benefits of carrot have also been reported. The cardio- and hepatoprotective, anti-bacterial, anti-fungal, anti-inflammatory, and analgesic effects of carrot seed extracts are also noteworthy. Carrot pomace containing about 50% of  $\beta$ -carotene could profitably be utilized for the supplementation of products like cake, bread, biscuits and preparation of several types of functional products (Pushpa Yadav ,2020).

In their subsequent experiments, they developed composite tortilla chips enriched with whole pumpkin flour. Were good acceptability and give nutritional benefits, comparable texture, better quality than maize tortilla chips (Nisha Chhabra et al.

, 2017). Research on nonwaxy sorghum flour for enhancing the texture of baked tortilla chips and for increasing chips strength and gelatinization rice flour is appropriate. Different flours behave differently based on the system into which they were incorporated. (x. quintero- fuentes et.al,1999).

Consequently, the objective of the paper was to thoroughly examine and review the published literature, and summarize various analysis on tortilla chips.

## **II. TORTILLA CHIPS PROCEDURE**

Weigh each ingredient according to the table, Wash and grate carrot, Take Maize flour + Green gram dal flour + Chickpea's flour, add a black pepper, Mint powder, turmeric powder, salt & ginger juice, add grated carrot in it, make a dough by using warm water Dough kneading, Leave it

Make a sheet in round shaped as roti by using Maida flour Take a flat non-stick sauté pan /tawa heat and bake sheets on it, cook each side for 7 to 10 seconds (do not overcook), Give shape of triangle with the help of pizza cutter or scissors, Lay the nachos on the baking tray or an oven plat, preheat oven or OTG, bake it, Baked nachos, Add external herbs on it, Final product

### **2.1 Future Scope of Product**

This product is preferable for all age groups in the category of healthy snacks & give immune enhancing effect on human immune system. and It is "Finger food" so we can carry anywhere & eat any time in all seasons.

### **2.2 Importance and Needs**

In this pandemic the need of immune boosting product's demand becomes more higher & people are more consensus about health. It is containing herbs that will enhance our immunity system. The plant-based food plays a vital role to enhance the immunity of people to control of covid-19. (Mahammad Sajid Arshad et.al ,2020)

## **III. CONCLUSION**

Few changes on fortification of tortilla chips give more nutritional benefits without any negative effects on human body. an effort in the direction of producing value added baked fortified product with the addition of herbs. Carrot, herbs and multi grain flour gave nutritional benefits on health and immunoenhancing effect. Due to functional and nutritional goodness of herbs, it can be further exploited in the development of healthy food products. This Increasing demand for convenience foods has led to manufacturers having a high focus on product innovations.

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