Garden cress seeds: A superior grain for the development of nutrient rich cutlets

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Abstract
Garden cress seeds are highly nutritious grain, possessed galactogogue, antioxidant, thermogenic and anti-inflammatory activities and prevent anaemia, PEM, osteomalacia, and osteoporosis. This study was aimed to utilize GCS for its maximum potential for the development of nutrients rich cutlets. GCS supplemented cutlets were developed by incorporating 10, 20 and 30 per cent of roasted GCS and these were evaluated for sensory parameters, proximate composition, dietary fiber components and total and in vitro bio-accessible minerals. In terms of sensory parameters, GCS supplemented cutlets were adjudged between ‘liked moderately’ to ‘liked very much’ (Figure-1) and were acceptable by the judges. The contents of moisture, crude protein, crude fat, crude fibre, ash, total carbohydrates, total dietary fiber, calcium and iron of type-I, type-II and type-III cutlets ranged from 12.45 to 13.23, 7.12 to 9.83, 14.65 to 20.09, 2.96 to 3.84, 1.55 to 2.43, 51.39 to 60.49, 10.31 to 13.89 per cent and 58.94 to 124.15, 1.80 to 3.35 mg/100g, respectively. Results indicated that roasted garden cress seeds can be successfully incorporated up to 30 per cent for the development of nutrient rich cutlets without compromising the sensory acceptability. GCS supplemented cutlets had significantly (P<0.05) higher contents of protein, fat, fiber, calcium and iron than that of control cutlets.

Keywords: Nutrient rich, garden cress, in vitro

Introduction
Garden cress seeds (GCS) have been considered the superior grain as these are packed with high amounts of nutrients. The high amounts of lipid in seeds indicated their goodness in energy. The low level of moisture make it more stability and suitable for long shelf life. High amount of ash is the index of heavy mineral supply. They are also rich in essential amino acids, essential fatty acids and blessed with a perfect combination of PUFA (46.8%) and MUFA (37.6%) (Singh & Paswan, 2017) [23], Abd El-Salam et al. (2019) [1] determined the chemical composition, minerals contents, phenolic compounds, flavonoids and antioxidant activity of GC seeds powder. The results revealed that GC seeds contained 7.05 per cent moisture, 19.73 per cent crude protein, 14.18 per cent crude fat, 35.45 per cent carbohydrate, 18.79 per cent crude fibers and 4.8 per cent ash. In addition, potassium (2955.50 mg/100g) was the most abundant element in GC seeds followed by phosphorus (947.32 mg/100g) and magnesium (322.00 mg/100g). The extract of GC seeds had a 157.24 mg/g of total phenols and 75.01 mg/g of total flavonoids. Gallic acid and hisperidin were the most abundant phenolic and flavonoid compounds in GC seed extract being 3001.75 and 2955.50 mg/100g, respectively.

Dehusked GCS help to heal and prevent osteomalacia, osteoporosis, protein energy malnutrition (PEM) and aid in bone fracture when consumed for a long time (Gopalan et al. 2010) [12]. Also, seeds help in relieving renal problems and hypertension. The interesting fact about carbohydrates composition of GCS is that it is comprised of 90.0 per cent of non-starch polysaccharides and only 10 per cent of starch. The seed bran has high dietary fiber content and also it has high water holding capacity. Therefore, defatted GCS may be considered as functional food for weight reduction therapy.

In general, they are essential for growth, brain development and immune system (Jouad et al. 2001) [16]. Additionally, GCS play a major role in preventing and treating anaemia because of the highest amount of iron hence being a key source of iron for vegetarians when consumed with vitamin C rich foods (Gupta & Singhal, 2011) [13]. GCS are used as galactogogue,
aphrodisiac, antiscorbutic, antihistaminic, depurative, diuretic, rubefacient, thermogenic, ophthalmic and act as tonic. Apart from being rich in nutrients, garden cress seeds are available around the year at low price which is affordable to people of all socio-economic status so they can be incorporated into food products so as to improve nutritional quality with no increase of any cost of food products (Chaudhary & Gupta, 2017a) [7]. Cutlet is a fried snack and quite popular among children who have been witnessed most malnourished. Generally it is made up of mashed potatoes and peas mixed with spices, coated with chickpea flour and fried in oil. It is a high energy snack as it is fried however, with the supplementation of GCS it may also become rich in of iron, calcium and protein and may be the best snacks for malnourished children. Keeping in view the above facts, efforts have been made to prepare GCS supplemented cutlet and to evaluate their sensory and nutritional properties.

Materials and methods

Development and sensory evaluation of cutlets

Garden cress seeds were procured from Goyal supermarket, Hisar. Seeds were roasted at ~ 150°C in iron vessel until it imparted a pleasant aroma and taste, which was achieved in ~ 5 minutes. Roasted and cooled seeds were supplemented in potato based control cutlets. Potatoes were replaced by 10, 20 and 30 per cent of GCS for the development of cutlets. Other ingredients used were peas (20g), chopped onion, carrot, capsicum, coriander leaves etc. (30g), bread crumbs (60g), corn flour and chickpea flour mix (30g), spices and oil to fry. Developed cutlets were subjected to organoleptic evaluation by a panel of 20 semi-trained judges from I.C. College of Home Sciences, Chaudhary Charan Singh Haryana Agricultural University, Hisar, Haryana. The judges were asked to rate the product on the basis of texture, aroma, colour, appearance, and taste of cutlets by employing a nine-point hedonic rating scale. Overall acceptability was calculated by summing up and average of sensory parameters. Mean scores for all these characteristics were calculated.

Nutritional Analysis of cutlets

Proximate composition i.e. moisture, protein, fat, crude fibre, ash were determined by employing the standard method of AOAC (2010) [6]. Total, soluble and insoluble dietary fiber constituents were determined by the enzymatic method given by Furda (1981) [11]. The contents of calcium, iron and zinc in acid digested samples explained above were determined by Atomic Absorption Spectrophotometer as per the method explained by Lindsey & Norwell (1969) [18]. Available calcium and zinc were extracted by adopting methodology of Kim & Zemel (1986) [17]. In vitro available iron in the raw and roasted GCS samples was extracted according to the procedure explained by Rao & Prabhavathi (1978) [21].

Results and Discussion

As per the scores given to colour, appearance, aroma, texture and taste, the overall acceptability of GCS supplemented cutlets was higher than that of control cutlets. As per the scores of color, appearance, aroma, texture and taste the overall acceptability of control cutlets was 7.64 hence, these were adjudged as ‘liked moderately’. Mean scores of overall acceptability of type-I, type-II and type-III cutlets varied from 7.24 to 8.24, being highest for the type-II cutlets and lowest for type-III cutlets. However, all the supplemented cutlets were adjudged between ‘liked moderately’ to ‘liked very much’ (Figure-1) and were acceptable by the judges. Roasting is a common process applied for nuts and seeds, to enhance their sensorial properties and nutritional value. It also improves shelf life, palatability and acceptability of developed products (Jain et al. 2016) [15]. It was observed that raw seeds were having tanginess and peppy taste which was removed after roasting of seeds at 150 °C for 5 minutes. A pleasant aroma was arised in the roasted seed. cutlet, parantha, laddoo,kheer and biscuit using varying proportions (3 to 15%) of GCS, pinni, panjiri, laddu, burfi, chikki and biscuits with best acceptable levels of 10, 10, 5, 5, 25 and 7.5 per cent, respectively of GCS, nut based sweet snack using 10 per cent of GCS, Khakhra with varying proportions of GCS, muffins with roasted and germinated GCS (10%) were developed by earlier co-workers (Dashora & Choudhary, Doke et al. 2017; 2016; Jain et al. 2016; Rajshri & Haripriya 2018; Solanke et al. 2018) [9, 10, 15, 19, 24].

Plate 1: Garden cress seeds supplemented cutlets

Fig 1: Sensory scores of garden cress seeds supplemented cutlets

The contents of moisture, crude protein, crude fat, crude fibre, ash and total carbohydrates in cutlets prepared with 100 per cent potatoes were observed as 13.62, 12.45, 5.74, 2.45, 1.05
and 64.69 per cent, respectively, which were found to be increased significantly (P<0.05) in type-I, type-II and type-III cutlets except the moisture and total carbohydrates (Table 1). A non significant difference was observed for moisture content between control and GCS supplemented cutlets. Total carbohydrates content was found to be decreased significantly on each supplementing level of GCS. The contents of moisture, crude protein, crude fat, crude fibre, ash and total carbohydrates of type-I, type-II and type-III cutlets ranged from 12.45 to 13.23, 7.12 to 9.83, 14.65 to 20.09, 2.96 to 3.84, 1.55 to 2.43 and 51.39 to 60.49 per cent, respectively. Maximum contents of crude protein, crude fat, crude fibre and ash were observed in type-III cutlets, whereas the maximum contents of moisture and total carbohydrates were found in type-I cutlets.

### Table 1: Proximate composition of GCS supplemented cutlets (% on dry weight basis)

<table>
<thead>
<tr>
<th>Treatments</th>
<th>Moisture*</th>
<th>Crude protein</th>
<th>Crude fat</th>
<th>Crude fiber</th>
<th>Ash</th>
<th>Total CHO’s</th>
</tr>
</thead>
<tbody>
<tr>
<td>Control</td>
<td>13.62±0.23</td>
<td>5.74±0.24</td>
<td>12.45±0.22</td>
<td>2.45±0.26</td>
<td>1.05±0.20</td>
<td>64.69±1.12</td>
</tr>
<tr>
<td>Type-I</td>
<td>13.23±0.21</td>
<td>7.12±0.18</td>
<td>14.65±0.17</td>
<td>2.96±0.26</td>
<td>1.55±0.20</td>
<td>60.49±1.09</td>
</tr>
<tr>
<td>Type-II</td>
<td>12.86±0.25</td>
<td>8.57±0.25</td>
<td>16.84±0.21</td>
<td>3.22±0.23</td>
<td>2.07±0.26</td>
<td>56.34±1.20</td>
</tr>
<tr>
<td>Type-III</td>
<td>12.42±0.18</td>
<td>9.83±0.25</td>
<td>20.09±0.26</td>
<td>3.84±0.20</td>
<td>2.43±0.17</td>
<td>51.39±0.96</td>
</tr>
<tr>
<td>CD (P&lt;0.05)</td>
<td>NS</td>
<td>2.15</td>
<td>0.54</td>
<td>0.37</td>
<td>3.37</td>
<td></td>
</tr>
</tbody>
</table>

Values are mean ± SD of three independent determinations, NS—Non significant. Cutlet control: 100% potatoes; Type-I: GCS @10%, Type-II: GCS @20%, Type-III: GCS @30%; GCS: Garden cress seeds/ flour, * Moisture was analysed on fresh weight basis.

The contents of protein, fat, ash and crude fibre were increased significantly in all the three levels (type-I, type-II and type-III) of GCS supplemented cutlets. Similar increase for these nutrients after supplementing with GCS was observed in Khakhra supplemented with 5 to 30 per cent (Solanki et al. 2018) [24], cookies supplemented with 2.5 to 10.5 per cent (Yadav et al. 2018) [25], biscuits, namakpara and laddoo supplemented with 5 to 15 per cent (Rana & Kaur, 2016) [26], pinni panjiri laddoo, burfi, chikki and biscuits supplemented with 5 to 25 per cent (Jain et al. 2016) [13] and noodles supplemented with 15 per cent (Hanan et al. 2019) [14]. Soluble dietary fibre content of control as well as GCS supplementation cutlets ranged from 3.21 to 3.25 g/100g. GCS supplementation did not bring any change in soluble dietary fibre content of cutlets (Table 2). Insoluble dietary fibre content of control cutlets was found to be 5.18 g/100g, which was increased significantly with the supplementation of GCS. Among the three types of GCS supplemented cutlets, type-III exhibited higher content (10.68 g/100g) of insoluble dietary fibre followed by type-II (8.84 g/100g) and (7.07g/100g) in type-I cutlets.

### Table 2: Dietary fibre content of GCS supplemented cutlets (% on dry weight basis)

<table>
<thead>
<tr>
<th>Treatments</th>
<th>Soluble dietary fibre</th>
<th>Insoluble dietary fibre</th>
<th>Total dietary fibre</th>
</tr>
</thead>
<tbody>
<tr>
<td>Control</td>
<td>3.25±0.18</td>
<td>5.18±0.24</td>
<td>8.43±0.42</td>
</tr>
<tr>
<td>Type-I</td>
<td>3.24±0.24</td>
<td>7.07±0.18</td>
<td>10.31±0.42</td>
</tr>
<tr>
<td>Type-II</td>
<td>3.23±0.17</td>
<td>8.84±0.23</td>
<td>12.07±0.40</td>
</tr>
<tr>
<td>Type-III</td>
<td>3.21±0.22</td>
<td>10.68±0.28</td>
<td>13.89±0.50</td>
</tr>
<tr>
<td>CD (P&lt;0.05)</td>
<td>NS</td>
<td>1.17</td>
<td>1.18</td>
</tr>
</tbody>
</table>

Values are mean ± SD of three independent determinations, NS—Non significant. Cutlet control: 100% potatoes; Type-I: GCS @10%, Type-II: GCS @20%, Type-III: GCS @30%; GCS: Garden cress seeds

With regards to total dietary fibre content, control cutlets prepared using potatoes had 8.43 g/100g, that increased significantly (P<0.05) with the supplementation of GCS in control recipe. The contents of total dietary fibre within cutlets prepared using GCS varied from 10.31 to 13.89 g/100g, being highest in type-III whereas lowest in type-I cutlets. The results regarding dietary fibre profile of GCS supplemented cutlets are corroborated with those of earlier findings (Hanan et al. 2019 Jain et al. 2016,) [14, 15]. Doke et al. (2018) [17] analysed the dietary fibre profile of chikki supplemented by 10 per cent of GCS and observed that chikki contained 8.5, 4.3 and 12.7 per cent of soluble, insoluble and total dietary fibre, respectively.

Calcium, iron and zinc content of control cutlet was observed as 26.34, 1.03 and 0.87 mg/100g, respectively which were ranged from 58.94 to 124.15, 1.80 to 3.35 and 1.35 to 2.30 mg/100g within three types of GCS supplemented cutlet. Type-III cutlets had significantly (P<0.05) higher contents of total calcium, iron and zinc followed by type-II and type-I cutlets. All the three types of GCS supplemented cutlets had significantly (P<0.05) higher contents of total calcium, iron and zinc than that of control cutlets. The per cent availability of calcium, iron and zinc among GCS supplemented cutlets ranged from 40.86 to 48.66, 11.05 to 18.33 and 38.26 to 45.19 per cent, respectively. Type-I cutlets had maximum per cent availability of calcium, iron and zinc.

### Table 3: Total and in vitro available mineral (mg/100g) of GCS supplemented cutlets

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Ca</th>
<th>Fe</th>
<th>Zn</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total</td>
<td>Available</td>
<td>Total</td>
</tr>
<tr>
<td>Cutlets</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Control</td>
<td>26.34±0.30</td>
<td>13.90±0.09(52.77)</td>
<td>1.03±0.17</td>
</tr>
<tr>
<td>Type-I</td>
<td>58.94±0.24</td>
<td>28.68±0.07(48.66)</td>
<td>1.80±0.28</td>
</tr>
</tbody>
</table>

Values are mean ± SD of three independent determinations, NS—Non significant.
Increased mineral profile of GCS supplemented dahiwala bread, mithri, cookies and muffins, iron rich flour, pinni, panjiri, laddoo, burfi, chikki and biscuits, laddoo, mithri, shakarpura and biscuits, sweet snack (chikki), nutri-cereals based laddoo, muffins, noodles, was also observed by Agarwal & Sharma (2013a) [2], Agarwal & Sharma (2013b) [3]. Jain et al. (2016) [15], Chaudhary & Gupta (2017b) [8], Doke et al. (2018) [10], Rajshri & Haripriya (2018) [19] and Hanan et al. (2019) [14]. Iron and protein rich products play important role in improving iron status of anaemic population. Garden cress seeds supplemented products have been shown their efficacy in reducing anemia at significant level in children and adolescent girls (Angel & Devi 2012; Angel & Devi 2015; Dashora & Chaudhary 2016; Jain et al. 2017) [4, 5, 9, 15].

Conclusion
It may be concluded that garden cress seeds are more acceptable when incorporated in cutlets than consumed as such due to the fact that it forms mucilaginous or gel like appearance which gives unpleasant taste and aroma. Roasted garden cress seeds can be successfully incorporated up to 30 per cent for the development of nutrient rich cutlets without compromising the sensory acceptability. GCS supplemented cutlets had significantly (P<0.05) higher contents of protein, fat, fiber, calcium and iron than that of control cutlets. Consumption of garden cress seeds supplemented nutrient rich cutlets may improve the protein and iron status in malnourished children and adolescents as protein energy malnutrition (PEM) and anaemia are the major nutritional problems in India.

References
3. Agarwal N, Sharma S. Appraisal of garden cress (Lepidium sativum L.) and product development as an all pervasive and nutrition worthy food stuff. Annals. Food Science and Technology. 2013a; 14(1):77-84.
