

## PRACTICE ABSTRACT n° 47

**Authors:** John H. Muyonga, Janet Natocho & Robert Mugabi,  
Makerere University

### Production of nutrient enhanced noodles containing biofortified crops

Noodles are convenient foods whose consumption are on the rise. However, they generally low in protein, micronutrients and health-boosting components. This practice abstract outlines a process for production of nutrient enhanced noodles from biofortified beans and orange-fleshed sweet potatoes (OFSP) that was developed as part of FoodLAND research. The production procedure is provided in Figure 1 below.

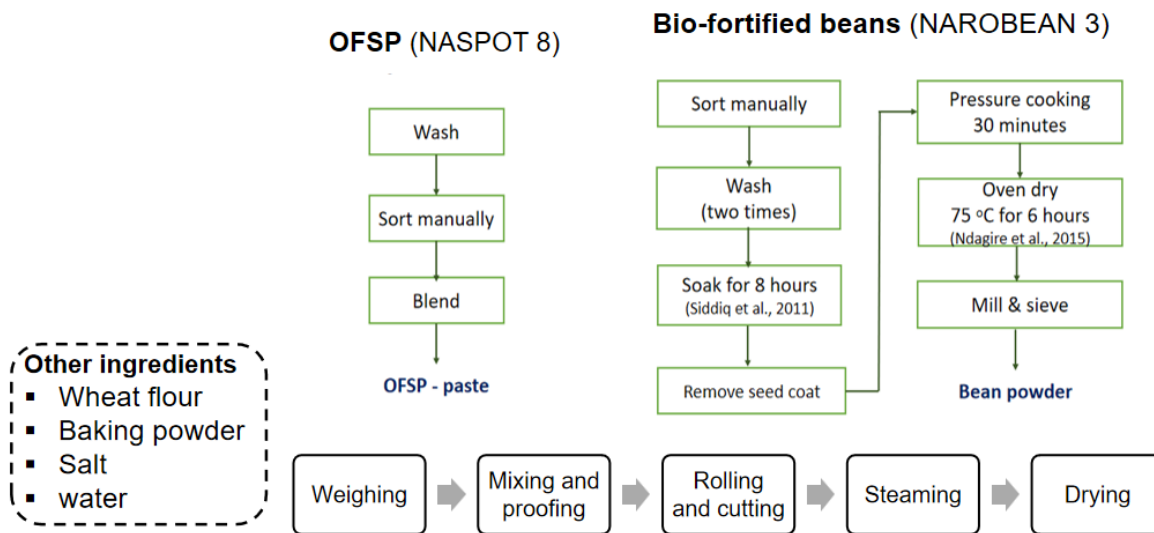


Figure 1: Outline of procedure for production of noodles containing OFSP and biofortified beans

The recommended mixing formulation is 73% wheat, 21.5% OFSP and 5.5% biofortified beans. Recommended processing conditions 2 mm dough thickness, drying temperature of 80 °C and drying time of 143.4 minutes.

### Properties of noodles made with orange-fleshed sweet potatoes

The resulting product (Figure 2) exhibits high sensory acceptance and contains markedly higher protein, fibre, iron, zinc and phytochemicals content than noodles that are not nutrient-enhanced and.



Figure 2: Noodles containing orange-fleshed sweet potatoes and biofortified beans. A- Dry raw strands; B-Steamed