

Benefits of Makhana/ Fox Nuts

- ♦ **Low in cholesterol, fat and sodium.** This makes them an ideal snack to satiate those in-between meal hunger pangs; thus helping in weight loss.
- ♦ **High magnesium and low sodium content.** Hence, beneficial to those suffering from high blood pressure, heart diseases and obesity.
- ♦ Low glycemic index. Recommended for diabetics.
- ♦ **Anti-ageing enzyme** in these seeds is said to help repair damaged proteins.
- ♦ The presence of a natural flavonoid called kaempferol (also present in coffee), helps prevent inflammation and ageing.
- ♦ **Gluten-free**, protein rich and high in carbohydrates.
- ♦ Ayurvedic beliefs suggest that Makhana has **astringent properties** that benefit the kidneys.
- ♦ Ayurvedic and Unani medicine suggest that Makhana has aphrodisiac properties and also help in controlling frequent urination.

Uses of Makhana / Fox nuts

- ♦ Fox nuts are primarily used as snack or fillers in between meals. It can be roasted in slight olive oil or ghee and then flavoured with spices, preferably salt & pepper.
- ♦ It can also be used to make sweet desserts snack by adding brown or caramelized sugar while roasting the snack.
- ♦ Makhana flour can be used in making rotis & breads.
- ♦ It can be used to make various curries, soups & porridge.
- ♦ Used in Indian Ayurvedic & traditional Chinese medicines.
- ♦ Can be used as starch in textile industry.

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ठठठे रबीद्यु

Lotus Seeds / Fox Nuts / Phool Makhana / Gorgon Nuts

P R O D U C T O F

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Introduction

Makhana is known by many names such as lotus seeds, phool makhana, fox nuts, gorgon nuts etc. It comes from a plant called Euryale Fox, which grows in stagnant waters of wet lands or ponds in Eastern Asia. It is native to SouthEast Asia & China but is now distributed to almost every part of the world. **The West Bengal & Bihar regions in India account for 80% of it's global commercial production.**

Makhana is a great alternative to snacks. It is quick to digest with high nutritional content. It also acts as an anti-oxidant. When roasted in Olive oil or Butter or Ghee, its mild flavour makes for a perfect **GUILT FREE everyday snack** for all age groups, all over the world.

It is a **great substitute to regular chips** which are harmful to our health. Makhana on the other hand, is a rich source of Calcium and fibre. It is also low in calories and free of gluten and MSG.

Dietary Characteristics of Makhana

Edible parts of the seed contain **12.8% Moisture, 12.6% Protein, 0.1% Fat, 0.5% Minerals, 76.9% Carbohydrates, 0.9% Phosphorous, 0.02% Calcium and 1.4 mg/100g of Carotene. Calorific analysis gives a value of 362 k.cal/100g for raw Makhana and 328 k.cal/100g for popped Makhana.**

The calorific value of Makhana compares well with staple foods such as wheat, rice etc. It is also **superior to dry fruits such as almonds, walnut, coconut and cashew nut** in terms of sugar, protein and ascorbic acid and phenol content.

It has been observed that, 50gm Makhana powder has more nutritional quality than a full glass of milk based nutritional drinks (for eg. Horlicks, Complan etc)

It is observed that 50gm of Makhana powder has more nutritional quality as compared to full glass of nutritional drinks available in the market under the brand name of Horlicks, Complan etc.



Glimpse of the cultivation process

Makhana or Fox nuts are seasonal crops with a very labour intensive cultivation process. It begins with the spreading of seeds in the water beds or ponds having stagnant water and then waiting for the flowers to bloom & fruits to eventually ripen. After ripening, the fruit bursts leaving the seeds afloat on the water usually in the month of May. The scattered seeds are then collected from the bottom of the water by local farmers through deep diving into the pond.

This is then followed by sun drying, sorting of the seeds & roasting and hammering them hard with a wooden hammer which causes them to pop out from their hard shell, not unlike popcorn.

Given the labour intensive nature of cultivation and the technicalities of the process, the nuts are relatively expensive.

