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STUDY ON THE NUTRITIONAL VALUE OF LENTIL (*LENS CULINARIS*)

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Abstract: This study has the aim to highlight the nutritional value of lentil (*Lens Culinaris*). There are several assortments of lentils for consumption (red, green, yellow, gray and black). Lentils contain vitamins such as vitamin A, vitamin B1, vitamin B2, vitamin B3, vitamin B6, vitamin C, vitamin E, and vitamin K, as well as both soluble and insoluble fiber. Both types of fiber support a healthy digestive system. Studies suggest that regular consumption of lentils supports health and reduces the risk of chronic diseases, such as diabetes, obesity, heart disease and cancer. In conclusion, due to its nutritional composition, the use of lentil in food industry increased.

• Introduction

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Studies suggest that regular consumption of lentils supports health and reduces the risk of chronic diseases, such as diabetes, obesity, heart disease and cancer.

The cooking improves the protein quality by destruction the anti-nutritional factors.

• Material and method

In this work we used many information resources (databases such as USDA) and scientific papers.

• Results and discussions

Lentils contain vitamins such as vitamin A, vitamin B1, vitamin B2, vitamin B3, vitamin B6, vitamin C, vitamin E, and vitamin K, as well as both soluble and insoluble fiber.

For 100 g of raw lentil, the following quality parameters vary within the following limits: proteins (22.1 - 24.4g); fats (1.77 - 2.02g); carbohydrates (60 - 62g); ash (2.76 - 2.99g); calcium (56 - 65 mg); iron (6.52 - 7.94mg); magnesium (102 - 110 mg); potassium (909 - 968 mg); zinc (3.04 - 4.34 mg); copper (0.761 - 0.881mg); manganese (1.21 - 1.84).

• Conclusions

In conclusion, due to its nutritional composition, the use of lentil in food industry increased.