

P-15 두류의 영양 및 기능성 성분 함량 비교

Comparison of Nutritional and Functional Constituents in Pulses

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Pulses are an annual leguminous crop yielding from one to twelve grains or seeds. This study was used eight pulses except for green beans. We evaluated the chemical characteristics of these raw pulses produced in Korea. The nutritional and functional contents such as moisture, carbohydrate, crude protein, crude lipid, ash, dietary fiber, minerals(Ca, P, Fe, Na, and K), vitamins (A, E, C, B groups, folic acid, and niacin), total polyphenol, carotenoid, and flavonoid containing isoflavone were investigated. As a results, all raw samples were shown the high levels of almost nutritional contents (especially, protein, fats, and fat-soluble vitamins). In addition, yellow soybeans, red bean, and kidney bean were high the contents of total polyphenol. Of the functional contents, three kinds of the yellow soybeans were shown the high flavonoid. This study represent much to provide the fundamental nutrition and function data in pulses because they have significant nutritional and health advantages for humans.