

Carbohydrate content and glycemic index of Lima Bean and Pigeon Pea

Ishaya, F.A¹, Ayoade² G. W and Olaoye, A.B¹ and Hassan M.A. Hassan¹

¹Department of Science Technology, Federal Polytechnic, Nigeria

²Department of Chemistry, Federal University of Technology, Nigeria



Abstract

The available carbohydrates, amylose, amylopectin and glycemic index of lima bean and pigeon pea were investigated using standard methods. The results of sugar contents (mg/100g) of lima bean and pigeon pea were; glucose (324.46 and 254.83), fructose (312.51 and 260.88), Sucrose (219.86 and 150.25), lactose (147.52 and 134.58) and galactose (167.02 and 108.03) respectively. The starch, amylose and amylopectin contents of lima bean and pigeon pea are; starch (138.43 and 114.89), amylose (106.38 and 89.72) and amylopectin (32.04 and 25.17), while the glycemic index were (26.97% and 35.31%) respectively. The amount of sugar contents varied significantly in both legumes and low glycemic index was also observed especially in lima bean, this makes them considerable as good food substitute for patients with diabetes and other cardiovascular diseases.

Speaker Publications:

1. "The Proximate Composition and Sensory Evaluation of the Flours of Breadfruit (*artocarpus altilis*), Benth Seed (*adenopus breviflorus*) and their Composite Bread" / 2013.
2. "Nutritional Composition and Functional Properties of Acetylated and Maleylated Derivatives of Pigeon Pea (*Cajanus cajan*) Protein Isolate" / 2017.
3. "Physico-Chemical, Phytochemical and Antimicrobial Analysis of Black Cumin and Fenugeek Seed Oils" / 2020.

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Biography:

Ishaya, Funmilola Ayodele had her Ph.D Food Chemistry in 2016 from the Department of Chemistry, Federal University of Technology, Akure, Ondo State Nigeria. She is currently a principal lecturer in Department of Science Technology, Federal Polytechnic, Ado Ekiti, Ekiti State Nigeria. She has published 12 research articles in reputable local and international journals. She is a member of various professional bodies include; Chemical Society of Nigeria, Institute of Chartered Chemist of Nigeria, Science Association of Nigeria, Nigeria Institute of Science Laboratory Technology and Institute of Public Analysts of Nigeria.