

STUDIES ON THE NUTRITIONAL CHARACTERISTICS OF WINGED BEAN

PSOPHOCARPUS TETRAGONOLOBUS, TUBERS AND LEAVES

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Twelve cultivars of the winged bean *Psophocarpus tetragonolobus* grown in Sri Lanka, have been chemically analysed with respect to the protein content of tubers and leaves. Trypsin inhibitor activity present in the tubers and leaves of respective cultivars is also reported. The protein content of the tubers range from 4-8-25.6% on dry weight basis and in accordance with the values quoted by the NAS (1975), The protein content of the leaves range from 4.5-11.8%, and compares favourably with the values reported by the NAS. Tubers of all the cultivars studied except one (UPS₅₉) contain trypsin inhibitor activity. But the leaves of the 4 cultivars examined do not contain the trypsin inhibitors. The inhibitory activity present in the leaves of 3 cultivars is negligible, Trypsin inhibitor activity present in tubers can be eliminated by autoclaving for 15 minutes at 121°. It is suggested that farmers be encouraged to substitute the winged bean for other, poorly nutritious vegetables presently under extensive cultivation.