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**Development and nutritional profile assessment  
of ready to eat rice-based fruit pudding**

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Value addition, product diversification and different preservation techniques will increase the utilization of a surplus rice harvest and the nutritional impact of the product. Therefore, this study was conducted to develop a ready to eat rice based fruit pudding and further to assess the nutritional profile of the product. Different combinations of the products were developed by using cooked rice, rice flour, fruit pulp, sugar, milk and egg and the most acceptable pudding was selected by a simple ranking test (5 point hedonic scale)(38 untrained panelists). The developed product was analyzed for proximate composition, minerals, and calorific value. The Glycaemic Index (GI) of the product was calculated using 10 subjects with glucose as a reference. Shelf life of the product was evaluated in refrigerated ( $4 \pm 1$  °C), freezing ( $-18 \pm 1$  °C), and ambient conditions ( $30 \pm 1$  °C). The energy value of the developed fresh rice-based fruit pudding was 478 KJ/ 100g. It contained carbohydrate 41.93 g, proteins 3.87 g, fat 2.87 g, Fe 237.54 µg, P 65.40 mg, Ca 22.18 mg and dietary fiber of 2.89 % that influence the health value of the product. GI of the product was 38, which falls within the Low GI food (55 or less) category, by virtue of their slow breakdown (or digestion) and absorption. During the storage period of up to fourth weeks under refrigerated ( $4 \pm 1$  °C) conditions, there was no significance difference of acceptability of the pudding and no obvious changes were observed in the titrable acidity and pH values. Results revealed that rice can be used to produce pudding that has a storage life of four weeks without addition of any preservatives under the refrigerated conditions. The developed rice-based fruit pudding is economically feasible due to the low cost of production of Rs. 12.00 for 80 g.

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