

Low fat high protein Snack Food

1. INTRODUCTION

Higher levels of fat intake may lead to serious health problems. It has been implicated in obesity, diabetes, hypertension and heart diseases particularly, the cardiovascular ailments (Atherosclerosis). Consumer concern about the adverse health effects associated with over consumption of certain types of lipids has led us to develop low-fat products of low calorific value.

The ready-to-eat low calorie traditional food product developed using full fat soy flour is acceptable as health food. The low calorie snack food termed as Lo-Cal Snack (khara sev) provides 24 gm protein and 11 gm fat per 100 g product 390 kcal energy as compared to deep fat fried snack containing 38 – 42% fat, 8 –10% protein and 550 kcal. This will be a major means for utilization of soy, which is presently under utilized in common Indian foods.

2. RAW MATERIAL

Bengal gram flour. Rice flour, Vanaspathi, Full fat soy flour, Chilli powder, Ajowan seeds, Salt, Baking powder etc.

3. PROCESS

Ingredients → Dry mixing → Wet mixing → Dough making
Extruding → Baking → Packing.

4. PLANT AND MACHINERY

List of equipments

Principal equipments: Electronic balance, Sigma Mixer, Ribbon blender, Extruder/Bhujia maker, Baking Oven etc.

Auxiliary equipments: Preparation tables, Trolleys, Weighing machine, Heat sealer, Electric stove, Holding vessels and miscellaneous items.

5. PROJECT COST – FIXED COST – WORKING CAPITAL (in Rs. '000)
(Estimate for a model project)

a) Land & Land development (1200 m ²)	900.00
b) Building and civil works (400 m ²)	200.00
c) Plant and machinery	1700.00
d) Miscellaneous fixed assets	450.92
e) Pre-operative expenses	447.00
Total fixed capital	3697.00
Working capital margin	487.00
Total Project cost	4184.00
Total working capital required at 15% of turnover	145.00

Means of finance

- Promoters contribution	3138.00
- Term loan	1046.00

6. PRODUCTION CAPACITY - (estimate)

Suggested economic capacity: 500Kg /day
Working : 1 shifts/day, 300 working days/year
Capacity : 150 tones/ annum
Optimum utilization capacity: 70%

7. TECHNOLOGY/MANUFACTURING PROCESS – Availability

The technology for the manufacture of Low fat high protein Snack Food developed at CFTRI, Mysore, using appropriate equipment for optimal product recovery of right quality. The CFTRI has the necessary expertise to provide technical assistance and guidance for setting up the project. The CFTRI can offer further technical assistance for project implementation under technical consultancy arrangements.

The manufacturers have to take a license under PFA (Government of India).