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## Sorghum Upma Mix

### *Salient features*

- Ingredients: Fermented steamed and flaked sorghum grain, chickpea flour, tamarind powder, fat, spices and condiments
- Contains 8.3% fat, 11.7% protein, 6.8% minerals and 2.3% crude fiber
- Shelf-life of the mix: 3 months at 25°C

### *Advantages*

- ✓ Whole millets are rich in antioxidants, fibre, minerals and other nutrients
- ✓ Used as substitute for rice and wheat



### *Product developed by*

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2018

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ICAR, New Delhi

### *More information*

**Status of commercialization / Patent / Publication**

Technologies are ready for commercialization