

ABOUT THE PRODUCT

- ✓ Millet Khichdi Mix is a ready-to-cook product made with foxtail millet, green gram dal, vegetables, and spices.
- ✓ Provides dietary fibre, protein, vitamins, and minerals.
- ✓ Low glycemic index and high fibre, suitable for diabetic and health-conscious consumers.

KEY FEATURES



- ✓ **High Dietary Fibre** – Supports digestion and helps maintain satiety.
- ✓ **Rich in Plant Protein** – Green gram dal provides essential protein for body growth and repair.
- ✓ **Low Glycemic Index** – Foxtail millet helps regulate blood sugar levels and is suitable for diabetic individuals.
- ✓ **Rich in Vitamins and Minerals** – Vegetables like beans, carrots, and tomato provide essential micronutrients.
- ✓ **Heart-Healthy and Nutritious** – Low fat and high fibre combination supports overall health and well-being.

INGREDIENTS



Foxtail millet, Split green gram dal (moong dal), Beans, Carrot, Tomato, Onion, Ginger, Garlic, Curry leaves

Nutritional Composition of Millet-Dal-Vegetable Mix (per 100 g)

Nutrient	Amount
Moisture	6.78 g
Crude protein	12.80 g
Crude fat	2.60 g
Total minerals (Ash)	2.70 g
Crude fibre	6.40 g
Carbohydrates	68.72 g
Energy	~332 kcal
Calcium	~54 mg
Iron	~4.8 mg

Source: Nutritive Value of Indian Foods, ICMR-National Institute of Nutrition, Hyderabad, 2023

TARGET POPULATION

- School children (Mid-Day Meal programs) for providing nutritious and balanced meals.
- Elderly individuals who require easily digestible and nutrient-dense foods.
- Health-conscious consumers seeking fibre-rich and wholesome diets.
- Diabetic individuals due to the low Glycemic Index of foxtail millet.
- Working adults and students needing quick and convenient healthy meals.

Millet Khichdi Mix Preparation

- 1 Take 100 g **Millet Khichdi Mix** in a pan. 
- 2 Add **200 ml water** and mix well. 
- 3 Add **masala** and **salt** as per taste. 
- 4 Cook for **5-7 minutes**, stirring occasionally until soft. 
- 5 Garnish with fresh **coriander** or **ghee** and serve hot. 



COST BENEFIT ANALYSIS

1. PRODUCTION COST (Total Cost of Production)



₹303.56
per kg

2. SELLING PRICE



₹425
per kg

3. BENEFIT-COST RATIO (B:C)



$\frac{425}{303.56}$
= 1 : 1.40

- ❖ For every ₹1 invested, a return of ₹1.40 can be obtained.
- ❖ The B:C ratio (1:1.40) indicates good economic feasibility of the product.
- ❖ The technology is suitable for small-scale production by Self-Help Groups (SHGs) and women entrepreneurs.
- ❖ Use of nutrient-rich millets and pulses enhances dietary fibre, protein, and micronutrient content of the product.



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