

Cluster Bean

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Cluster Bean lowers the glycemic index of a meal

GEEK TALK

Cyamopsis tetragonoloba

BUT WE TALK

Habas de racimo (Spanish), Sēma (Hindi), Kottu pīṇ (Tamil)

DID YOU KNOW?

The main demand of guar seed originates from the US petroleum industry and also the oil fields of the Middle East. Guar was not known for its industrial application till in the times of World War II when due to a shortage of locust bean crop the paper and textile industry of the world started searching for a substitute.

They found as an efficient alternative in the form of guar gum and since then, this derivative of guar ruled out locust bean from this scenario and it was readily accepted for application in many other industries".

Cluster Bean is native to India and India contributes to 80% of world production. It is widely grown in dry, warm and arid regions.

Its plants are 1 to 3 meters tall. Cluster beans are also cultivated for gum production and galactomannan gum is made from its seed that is used in paper and gum industry.

KITCHEN PHARMACY

- Guar gum powder is a water-soluble fiber and is used as a laxative. The fiber helps keep the digestive tract healthy and regular.
- The fiber in guar slows down the digestion of a meal which lowers the glycemic index of the meal. The slow digestion means you feel full for a longer period of time, and eat less, thereby helping you lose weight.
- It has a rich content of vitamins like Vitamin A, Vitamin C, Vitamin K, and Folate.
- They are highly rich in carbohydrate and protein, supplying you with a large amount of energy.

CONTENT PARTNER

