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## Effect of different levels of sweet potato paste on physico: Chemical properties of kheer

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**K**heer is sweetened dish of rice cooked in milk first finds mention as 'Payas'. For the preparation of kheer sweet potato is used which are rich sources of phytochemicals such as carotenoids, polyphenolic compounds. Studies have shown that these phytochemicals, especially the polyphenols, high free- radicals scavenging activities which play key role in reducing the risk of cardiovascular and cancer diseases that's why sweet potato is used instead of rice and it is become popular throughout the country. Sweet potato kheer was prepared from different levels of sweet potato paste viz. 2.5, 5.0 and 7.5 per cent on the basis of buffalo milk. Control kheer was prepared using 2.5 per cent rice in buffalo milk. The parameters considered for the present study were pH, Viscosity, Moisture, fat, protein, total solids and ash. The result shows that kheer prepared from rice is significantly superior over kheer prepared from 2.5% sweet potato. PH was decreasing as the level of sweet potato paste increases. On the contrary as the level of sweet potato increases the viscosity also increases significantly. The moisture content of sweet potato kheer decreases as the level of sweet potato increases. As fat is concern as the level of sweet potato increases the fat decreases with non significant effect. Similarly little protein was also increased. But the carbohydrate, total solids and ash content of kheer increases as the level of sweet potato increases with non-significant effect. The total solid, carbohydrate and ash content of sweet potato kheer increases and moisture and fat decreases as the level sweet potato increases. This might be due to higher Carbohydrate and lower moisture content in sweet potato as compare to milk.

### Biography

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