



## CWSF 2014 - Windsor, Ontario



## **Nutrients In, RFOs Out**

**Challenge:** Innovation **Category:** Junior

Region: City: School:

**Abstract:** The chickpea has many nutrients, however it also contains Raffinose

Family Oligosaccharides (RFO) which are indigestible to humans. I have compared the value of RFO after soaking, boiling, microwaving and germinating the chickpeas; the Synchrotron facility was used to analyze and compare the mineral content. This project provides information about the method to consume chickpeas with maximum mineral quantity and highest

reduction in RFO content.

Awards	Value
Excellence Award - Junior - Bronze Medal	\$100
Sponsor: Nuclear Waste Management Organization	
Western University Scholarship	\$1 000
Bronze Medallist - \$1000 Entrance Scholarship	
Sponsor: Western University	
Total	\$1 100



