

## Finger Millet Seed Coat—A Functional Nutrient-Rich Cereal By-Product

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### Abstract

Finger millet (*Eleusine coracana*) is one of the little millets grown in Asia and Africa. Although still classified as an “orphan crop”, there is an increasing interest in the research of finger millet seed coat (FMSC), also known as bran. As wheat bran is known to be the brown gold of the west, FMSC is African food brown gold. FMSC houses 90% of the seed’s polyphenols and dietary fibre. The calcium and phosphorus content of FMSC is about 6- to 25-fold that of other cereals. FMSC is specifically beneficial for its polyphenols, arabinoxylans, phytates, and flavonoids content. Evidence of the hypoglycaemic, nephroprotective, hypocholesterolemic, and anti-cataractogenic effects of FMSC has been substantiated, thereby supporting the health claims, and validating its nutraceutical potential for diabetics. This presentation highlight FMSC extraction, functional, and nutritional profile, focusing on arabinoxylan and polyphenols, their potential health benefits, and their application in food formulations. Although there is a dearth of information on using FMSC in food formulation, this paper is a data repository for further studies on FMSC.