Research article

Protease produced by *Lactobacillus brevis* enhanced nutritional values of African yam beans and demonstrated improvement in the growth and blood indices of albino rats

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ABSTRACT

This study evaluates the nutritional values of African yam bean hydrolyzed with protease from *Lactobacillus brevis* and afterward assess its effect on the growth and blood parameters of albino rats. The nutritional compositions of AYB hydrolyzed with partially purified protease from *L. brevis* were determined by standard chemical methods. The protease-hydrolyzed AYB was thereafter formulated into feeds with different inclusion levels (20, 40 and 60%), which was used to feed albino rats for 27 days. After the feeding trial, the blood of anesthetized albino rats was collected using the cardiac puncture method, and the hematological parameters were determined by standard biochemical methods. The AYB hydrolyzed with partially purified protease had the highest percentage crude protein with a value of 31.2% when compared with boiled, soaked and boiled, and raw sample with the values of 20.9, 20.9 and 19.9%, respectively. The treatment of AYB with purified protease also resulted in an increase of vitamins and some essential amino acids when compared with unhydrolyzed AYB. The group of rats fed with 60% hydrolyzed AYB had the highest percentage average weight gain of approximately 144%, while the values recorded for the groups fed with commercial feed and unhydrolyzed AYB were approximately 86 and 101%, respectively. The hematological analysis revealed that the hemoglobin (Hb) and packed cell volume (PCV) of the group fed with 40% hydrolyzed AYB of 14 g/L and 38%, respectively, were significantly higher than the rats fed with commercial feed with values of 10 g/L and 32%, respectively. Thus, enzyme-hydrolyzed AYB might be a suitable alternative to animal protein with good functional properties.

1.Introduction

Nigeria, one of the countries with a developing economy is faced with food shortages due to population explosion (Abioye et al., 2015). Most of the rural dwellers depend majorly on carbohydrate foods and they cannot afford animal proteins attributed to its high cost, and because of this, the physical growth of millions of children in the developing countries is grossly retarded (Ikhajigbe et al., 2007). To a great extent, the health and economic productivity of the workforce is directly and indirectly affected by protein deficiencies (Abioye et al., 2015). The rapid depletion in natural resources coupled with growing population pressure has necessitated the possible exploration of new plant resources to meet the increasing human needs. Incidentally, human society depends only on a small proportion of plant resources rich in a significant amount of proteins for consumption. The indigenous leguminous crops in combination with cereals and tubers have been recommended by nutritionists as a tool to curb malnutrition in the developing countries (Abdulkareem et al., 2015; Kouris-Blazos and Belski, 2016). Hence, if appropriate plant proteins are well chosen, they can complement each other and can thus have a relatively similar nutritional content as good as protein from animals (Adewumi and Odunfa, 2009).

Nutraceutical is turning out to be the leading modifiable determinant of many chronic diseases, with scientific findings increasingly backing the view that diet's modification could produce positive effects on human health (Adewumi and Odunfa, 2009). It is a known fact that adjustment of diets and lifestyle may influence human health and also determine an individual’s ability to successfully fight diseases such as obesity, hypertension, certain cancer, diabetes, and cardiovascular disease. Besides,
diet alteration will also determine whether or not an individual will develop the afore-mentioned diseases later in life (Rebello et al., 2014). The lifestyle of an average African is characterized by intense agrarian life and exercise is now being substituted with sedentary urban life resulting in diabetes, obesity, and hypertension (Annor et al., 2014). Transformed global markets, cheap imported processed foods and changes in socio-cultural activities in the developing countries placed their traditional foods at notable disadvantages and inducing the replacement of these diets with more refined or processed carbohydrate fast foods (Messina, 2016). Hence, employing indigenous plant foods rich in nutrients would go a long way in tackling the challenge of food insecurity and ameliorate the burden of diseases commonly affiliated with diets. Indigenous foods, mostly legumes have been reported to possess robust nutritional and health-promoting properties (Messina, 2016).

Until recently, not too much is known about the nutritional and health properties of some indigenous legumes. However, the recent discoveries have revealed that the protein content of legume seeds doubles the protein in cereal grains and that no other food from the plant is as rich in protein as leguminous seeds in their unprocessed state (MacDonald et al., 2012; Ndidi et al., 2014a, b). Legumes are water-soluble non-starch polysaccharides (NSP) with viscous properties that are beneficial in the prevention and management of diseases such as diabetes and hypertension (Ndidi et al., 2014a, b). Its protein is an integral component of circulatory, immune and nervous systems. It has been well documented that legumes are highly nutritious, rich in protein, and are often integrated into human diets. One of such legumes of interest is African yam bean (Sphenostylis stenocarpa) (Abyioye et al., 2015).

African Yam Bean (AYB) is one of the legumes that are not well recognized in the humid tropics. It is cultivated in East and Central African purposely for its tubers and in West Africa to be precise south-eastern Nigeria for its seeds (Azeeke et al., 2005; Ndidi et al., 2014a, b). It is generally considered to be the most valuable tuberous legumes owing to its vast economic importance as nutritious food for Africans (Uguru and Madukaife, 2001). In the past, the people from the southeastern part of Nigeria preferred AYB to other legumes since it is filling, however, for unknown cultural reasons it now being dropped for cowpea. There is also regional and cultural preference to the varieties that are being consumed, brown and black AYB seeds are well cherished by the lowland dwellers, while light-colored AYB seeds are preferred by individuals from mountainous regions of Nigeria (Uguru and Madukaife, 2001). The chemical compositions of AYB seeds have been evaluated by many authors (Edem et al., 1990; Ndidi et al., 2014a, b), Evans and Bouler (1974) reported high content of lysine and a low amount of methionine and tryptophan in AYB. In a similar investigation, Duke et al. (1977) confirmed the presence of lysine and methionine in the seeds of AYB which was ascertained to be equal to or higher to the amount in soybean. It is also rich in metabolic acids, which eventually affect the organoleptic properties of the end products resulting in substrate acidiﬁcation. The LAB initially identiﬁed by conventional bacteriological methods as described by Cheesbrough (2000). Hence, proteolytic activities of Lactobacillus spp. can be a resourceful tool in the hydrolysis of protein substrates to liberate amino acids, thereby exhibiting great prospects for the production of functional foods. On this ground, LAB from some fermented foods were screened for protease production and the partially puriﬁed protease from the best isolate was afterward used to hydrolyze AYB seeds. This study aimed to evaluate the nutritional composition of AYB hydrolyzed with partially puriﬁed protease from protease-producing lactic acid bacteria (LAB) and to assess its relevance as a functional food.

2. Materials and methods

2.1. Sample collection

The AYB (S. stenocarpa) subjected to different treatments (boiling, soaking and boiling, and protease hydrolysis) and some fermented foods (iru, ‘ogi’ from red sorghum, yoghurt, and ‘n’uru’) used in this study were purchased from the local markets in Akure, Nigeria and transported in sterile containers to Microbiology Laboratory, Federal University of Technology, Akure, Nigeria.

2.2. Culture medium preparation and LAB isolation

de-Man Rogosa Sharpe (MRS) used for the isolation of LAB from the afore-mentioned fermented foods was prepared in line with the manufacturer’s specification. Under aseptic conditions, the serially diluted samples were separately plated on sterile solidiﬁed MRS agar plates and incubated anaerobically in an anaerobic jar for 72 h at 30 °C. After incubation, emerged colonies from each plate were counted using colony counter (Techmel and Techmel USA counter Model TT 201) and reported as colony-forming unit per gram (CFU/g) or milliliters (CFU/mL) as the case may be. Representative colonies were sub-cultured and repeatedly streaked on a sterile MRS agar plate to obtain pure culture (Olaoye and Onilude, 2008). The pure LAB on MRS agar were identiﬁed following standard bacteriological techniques as described by Cheesbrough (2000).

2.3. Identiﬁcation of LAB by molecular techniques

The LAB initially identiﬁed by conventional bacteriological methods were further identiﬁed by sequencing their 16S rRNA Genes. The LAB cells were ruptured and their DNA was isolated by using a bacterial isolation kit following the prescription of the manufacturer. The isolated gene was ampliﬁed by Polymerase Chain Reaction (PCR) with two universal primers (F27:5′-AGAGTTTGATCCTGGCTCAG-3′ and R1492:5′TAGGGTTACCTGTGACGACTT3′) (Datsenko and Wanner, 2000). A total volume of 50 μL PCR mixtures was prepared to contain 25 μL 2 × ExTaq PCR Master Mix, 1 μL of each primer, 22 μL double-distilled water and 1 μL DNA template. The standard PCR protocol that was adopted was as follows: primary denaturation of the DNA for 5 min at 95 °C; followed by 30 cycles of denaturation at 94 °C for 30 s, annealing at 58 °C for 30 s, and extension at 72 °C for 1 min and ﬁnally, an additional reaction for 10 min at 72 °C. The quality of PCR products was checked by agarose gel electrophoresis after which they were submitted to Bioray Technology, Akure, Nigeria.
Biotechnology Limited (Xiamen) Co., China for sequencing. The sequences obtained were compared with other 16S rRNA gene sequences already deposited in the GenBank using the BLASTN program (http://blast.ncbi.nlm.nih.gov/Blast.cgi) and aligned to their closest relatives by CLUSTX program (Lane, 1991).

### 2.4. Primary screening of LAB for protease production

The LAB isolates were screened for qualitative protease production by using modified Bushnell Haas medium (BHM) amended with 0.2 g casein as the protein source. The casein-amended BHM medium contained (g/200 mL distilled water) yeast extract 0.6 g, peptone 1 g, agar-agar 4 g, glucose 1 g. Approximately 10 mL of the sterilized medium was aseptically poured into the plate and allowed to solidify, inoculated by spotting the isolates on the surface, and incubated at 30 °C for 3 days. After incubation, the plates were flooded with trichloroacetic acid to reveal the proteolytic activity of the isolates. The proteolytic activity of each LAB was determined by measuring the clear zone of hydrolysis around the colonies (Mechai et al., 2014).

### 2.5. Secondary screening of LAB for protease production

The isolates were quantitatively screened for protease production in liquid culture using the casein-enriched medium as previously described except for agar-agar (Siala et al., 2009). Sterilized casein-amended BHM broth was inoculated with 50 μL of pure LAB culture and incubated at 30 °C for 72 h anaerobically. The pure LAB cultures used for medium inoculation were prepared by cultivating LAB in MRS medium until late exponential phase, followed by the dilution of a broth culture of the respective LAB ten times with sterile water to obtain uniform optical density. After incubation, the culture broth was centrifuged at 10,000 rpm for 15 min at 4 °C to remove LAB cells, and the supernatant obtained was considered as extracellular protease (Siala et al., 2009).

### 2.6. Protease assay

Protease activity of each of the isolate was determined according to the method described by Jellouli et al. (2009), using casein as a substrate. 500 μL of the crude enzyme was mixed with 500 μL of 1% casein prepared in 100 mM glycine-HCl buffer (pH 3.0), and incubated for 10 min at 55 °C. The reaction was terminated by the addition of 500 μL trichloroacetic acid (20 % w/v). The mixture was allowed to stand at room temperature for 15 min and then centrifuged at 10,000 rpm for 15 min followed by the removal of the precipitate. The absorbance was measured at 280 nm using a UV spectrophotometer (Lab-Tech Digital, USA). A standard curve was generated using solutions of 0-50 mg/l tyrosine. One unit of protease activity was defined as the amount of enzyme required to liberate 1 μg of tyrosine in 1 min under standard assay condition.

### 2.7. Determination of total protein concentration

The concentration of total protein in the supernatant was determined using Bovine Serum Albumin (BSA) as a standard protein. Varying volumes of protein standard solution were pipetted into clean test tubes in duplicates, followed by the addition of distilled water (790 μL, 780 μL, 770 μL, 760 μL, 750 μL). Then, Bradford reagent (100 μL) was added to each test tube. The content was mixed and incubated for 30 min. The absorbance was read at 598 nm against reagent blank. The concentrations of unknown protein were extrapolated from the standard calibration curve (Bradford, 1976).

### 2.8. Production and partial purification of protease

The crude enzyme from the L. brevis (best protease producing LAB) brought to 0–60 % saturation by gradually adding 391 g of solid ammonium sulphate to 900 mL of the crude enzyme at 4 °C with gentle stirring to allow the complete dissolution of ammonium sulphate. Thereafter, the resulting enzyme solution was centrifuged at 600 rpm for 20 min. The precipitate enzyme was collected, re-dissolved in 5 mM phosphate buffer, pH 6.8. The enzyme activity and protein concentration were determined as previously mentioned (Abirami et al., 2011).

### 2.9. Preparation of AYB

#### 2.9.1. Cooking of AYB

A set of AYB (100 g) was cooked in distilled water (100 °C) in a cooking pot (ratio of water to AYB was 10 to 1 w/v, 10 mL to 1g) for 3 h and 50 min which was the actual cooking time at domestic home. After boiling, the water was drained off and the boiled sample was mashed into a paste using a ceramic mortar and then stored in an airtight container at 4–6 °C until it was used.

#### 2.9.2. Soaking and cooking

Another set of AYB yam (100 g) was soaked in a pot with distilled water for 12 h. After soaking, the water was discarded, and then boiled in distilled water (100 °C) in a cooking pot with a ratio earlier mentioned for cooking. After boiling, the water was drained off and the boiled sample was mashed into a paste using a ceramic mortar and then stored in an airtight container at 4–6 °C until it was used.

#### 2.9.3. Hydrolysis of AYB with partially purified protease

The sample (AYB) was hydrolyzed with concentrated protease from L. brevis being the best protease-producing bacterium. 200g of the sample was suspended in 1000 mL distilled water, pasteurized at 60 °C for 30 min, allowed to cool, and 1 mL of the partially purified enzyme with an enzyme activity of 7.4 μmol/min/mL was introduced into the preparation within a sealing system. The hydrolyzed products obtained were drained, air-dried and kept in a sealed container (Khanongnuch, et al., 2006).

### 2.10. Nutritive values of treated AYB

#### 2.10.1. Proximate composition of protease-hydrolyzed AYB

The proximate composition of AYB treated with partially purified protease was determined using AOAC (2016). The following parameters: total ash, crude fat, crude fiber, crude protein and moisture content of the hydrolyzed sample were determined. The total ash content of the sample was determined by incineration of each sample at 600 °C, and calculated by dividing the ash weight by sample weight and multiplied by 100. The solvent extraction method was used for the determination of crude fat, and calculated by dividing the weight of fat by weight of the sample and multiplied by 100. The crude fiber of the sample was determined by digesting the sample with sulphuric acid and NaOH, followed by subjecting the digested sample to heat treatment. The crude fiber is calculated by subtracting ashed sample from the digested sample and divided by the weight of the sample and multiplied by 100. Protein and moisture contents of the sample were also determined following standard protocol.

#### 2.10.2. Mineral contents of protease-hydrolyzed AYB

Minerals in the enzyme-treated sample evaluated include; calcium, potassium, magnesium, sodium and iron. Legumes are reported to be rich in macro-elements such as calcium, potassium, magnesium and sodium, and they are not toxic when consumed at high amounts (Nkhaia et al., 2018). They were determined using a wet ashing method followed by acid digestion and then spectrophotometric reading according to AOAC (2016). The sample was ashed in a muffle furnace at 600 °C, cooled and dissolved in concentrated HNO3. The acid treated sample was washed with distilled water and filtered with a Whatman filter paper. The filtrate was made up to 50 mL with distilled water. Afterward, the mineral content was determined by Absorption spectrophotometer.
2.10.3. Vitamin contents of AYB hydrolyzed with partially purified protease

Vitamin A, B1 (thiamin), Vitamin B2 (Riboflavin), B3 (Niacin), C, D, and E contents of AYB hydrolyzed with concentrated protease was evaluated by using spectrophotometric methods as earlier described by Pearson (1975) and Benderitter et al. (1998).

2.10.4. Amino acid composition of protease-hydrolyzed AYB

The amino acid composition of AYB treated with protease was determined by using Amino Acid Analyzer, TSM (Technicon Instruments Corporation, Dublin, Ireland). The milled defatted hydrolyzed AYB with petroleum was treated with HCl and noriclucine and possible oxidation of some amino acids during hydrolysis in the sample was avoided by removing the oxygen by the passage of nitrogen gas. The preparation that was sealed in ampoule was further heated in an oven at 110 °C for 24 h. The sample was then filtered and evaporated to dryness at 40 °C under vacuum in a rotary evaporator. The residues were dissolved in acetate buffer, pH 2.2, followed by its dispensing into amino acid analyzer cartridge. The various amino acid peaks revealed by an automatic pen recorder correspond to the quantity of each amino acid in the sample (Maria et al., 2004).

2.11. Preparation of different diets compounded with protease-hydrolyzed AYB

The protease-hydrolyzed AYB was later used in the formulation of experimental diets. The feeds were air-dried and were placed in covered plastic bags (Mondal et al., 2012). The various treatments used for feeding trial were: diet 1, is the commercial feed which was used as the positive control, diet 2 was the experimental diets in which soybean meal was substituted with different concentrations (20, 40, and 60%) of protease-hydrolyzed AYB, and in diet 3, soybean meal was substituted with 20% unhydrolyzed AYB. Diet 3 was considered to be a negative control. Some other nutritive supplements of the diets were listed in Table S1 (Pearson, 1975).

2.12. Animal care and feeding trial

Fifteen male young adult albino rats of the same stock and average weight used in this study were purchased from the Central Research Laboratory, FUTA. The experimental animals with an average body weight of approximately 43 g at the onset of the experiment were weighed and randomly divided into five groups with three rats placed in each stainless-steel cage and acclimatized for seven days. During the period of acclimatization, the animals were fed with a control diet as a sole diet. The albino rats were fed for 27 days at an ambient temperature of 27 ± 2 °C and relative humidity ranged between 39.1 and 98.2%. For changes were monitored daily throughout the experiment using a sensitive weighing balance (Golden-Mettler U.S.A, Model 3003/Electronic balance) (Adebiyi et al., 2008).

2.13. Hematological assessment of albino rats fed with formulated diets

The albino rats were anesthetized and their blood was collected into ethylenediaminetetraacetic acid bottles using the cardiac puncture method. The hematological indices assessed were: Packed Cell Volume (PCV), hemoglobin (HB), Red Blood Cell (RBC), and White Blood Cell (WBC). White Blood Cell differential count was determined according to the methods described by Cheesbrough (2000).

3. Results

3.1. Total LAB counts from fermented foods

Total LAB counts/population from selected fermented foods are presented in Table S2. ‘Ogi’, a fermented food made from red sorghum had the highest LAB count of $8.80 \times 10^6$ CFU/g, followed by ‘iru’ made from a legume called Parkia biglobosa with a value of $4.00 \times 10^6$ CFU/g, and the least value of $2.10 \times 10^5$ CFU/mL occurred in yogurt, fermented milk.

3.2. Tentative identities of LAB from fermented foods

Table S3 shows the tentative identities of LAB isolated from some fermented products. They were tentatively identified and classified into three genera based on their morphological features and biochemical properties. The identities of the isolates were: Enterococcus faecalis, Pediococcus acidilactici, Lactobacillus fermentum, L. pentosus, L. plantarum, and L. brevis.

3.3. Molecular identities of LAB

The BLAST search of Genbank for all the LAB isolates provided the percentage similarity between the bacteria tested and those detected in Genbank as shown in Table 1. Furthermore, 16s rRNA sequence analysis identified the isolates to be E. faecalis, L. fermentum, L. pentosus, L. brevis, pediococcus acidilactici, L. plantarum subsp. plantarum, and CP013984 s.

3.4. Qualitative screening of LAB for protease production

A total of eight (8) LAB isolates showed varied zones of casein hydrolysis on casein-amended BHM (Table S4). LAB represented by P1 (L. brevis) showed the highest zone of casein hydrolysis with a value of 32.0 mm, followed by Y1 (L. fermentum) (26.0 mm), while the least value of 10.0 mm was observed in isolate Y2 (E. faecalis).

3.5. Quantitative screening of LAB for protease production

In Figure 1, all the LAB isolates produced extracellular protease in liquid state fermentation with differences in their proteolytic activities. The highest protease activity of 7.20 U/mL was demonstrated by isolate coded P1 (L. brevis), followed by Y1 (L. fermentum) with an activity of 6.80 U/mL, while the lowest value of 4.90 U/mL was recorded for Y2 (E. faecalis).

3.6. Summary of partially purified crude protease from Lactobacillus brevis

The summary of partial purification of protease from L. brevis is presented in Table 2. The specific enzyme activity increased from 126 μmol/min/mg in crude protease to 287 μmol/min/mg after dialysis. Purification fold increased from 1 to 2.28 in the partially purified enzyme. However, there was a reduction in the total enzyme activity by approximately 93% after purification.

3.7. Proximate composition of protease-hydrolyzed AYB

Table 3 shows the proximate composition of AYB hydrolyzed with partially purified protease. The hydrolysis of AYB with partially purified protease showed a significant increase in its protein content when compared with unhydrolyzed, soaked or cooked samples. Among the processing methods employed, protease-treated AYB seeds had the highest protein content, while boiled, and soaked and boiled had the
same protein content. There was a minor difference between the raw sample and the sample subjected to either boiling or soaking and boiling. The protein content increased from approximately 20% in the unhydrolyzed sample to approximately 21, 21, and 31% in boiled AYB, soaked and boiled AYB and AYB hydrolyzed with partially purified protease from \(L.\ brevis\). It is evident that the protein content of AYB hydrolyzed with concentrated enzyme was 70% higher than soaked and boiled AYB, which is the traditional way of preparing it. There was a remarkable reduction in the crude fiber in AYB subjected to different treatments when compared with untreated AYB. The highest percentage reduction of approximately 33% occurred in AYB hydrolyzed with partially purified protease, while the least percentage reduction of approximately 18% occurred in cooked AYB. There was also a substantial reduction in carbohydrate content of protease-hydrolyzed AYB when compared with either untreated, soaked or cooked samples. Proximate composition of the seeds of AYB subjected to different processing methods revealed minor changes in the ash contents when compared with the raw sample. There was a noticeable decrease in the carbohydrate content of AYB treated with partially purified protease.

**Table 2. Summary of partially purified crude protease from \(L.\ brevis\).**

| Step                                    | Total activity (μmol/min/mL) | Total protein (mg/mL) | Specific activity (μmol/min/mg) | Yield (%) | Purification fold |
|-----------------------------------------|------------------------------|-----------------------|--------------------------------|-----------|-------------------|
| Crude Enzyme                            | 2856                         | 22.7                  | 126                            | 100       | 1.00              |
| Ammonium Sulphate Precipitation (60%)   | 140                          | 0.51                  | 273                            | 4.90      | 2.17              |
| Dialysis                                | 120                          | 0.42                  | 287                            | 4.18      | 2.28              |

**Table 3. Proximate composition of protease-hydrolyzed AYB (%).**

| Treatments | Moisture content | Crude fiber | Crude protein | Ash | Fat | Carbohydrate |
|------------|------------------|-------------|---------------|-----|-----|--------------|
| Negative control | 9.11 ± 0.66<sup>a</sup> | 12.3 ± 0.23<sup>a</sup> | 19.9 ± 0.25<sup>a</sup> | 2.55 ± 0.06<sup>a</sup> | 2.21 ± 0.02<sup>a</sup> | 52.1 ± 0.71<sup>a</sup> |
| BAYB       | 12.0 ± 0.07<sup>b</sup> | 10.1 ± 0.11<sup>b</sup> | 20.9 ± 1.00<sup>b</sup> | 2.37 ± 0.29<sup>b</sup> | 1.88 ± 0.13<sup>b</sup> | 51.8 ± 1.07<sup>b</sup> |
| SBAYB      | 12.0 ± 0.07<sup>b</sup> | 9.11 ± 0.08<sup>b</sup> | 20.9 ± 0.90<sup>b</sup> | 2.73 ± 0.06<sup>b</sup> | 2.04 ± 0.10<sup>b</sup> | 51.2 ± 0.16<sup>b</sup> |
| ES         | 17.0 ± 0.82<sup>c</sup> | 8.31 ± 0.38<sup>c</sup> | 31.2 ± 0.47<sup>c</sup> | 3.02 ± 0.03<sup>c</sup> | 2.01 ± 0.04<sup>c</sup> | 38.4 ± 0.43<sup>c</sup> |

Data are represented as mean ± standard error (n = 3) with the same superscript down the column are not significantly different (p < 0.05).

Negative control: Untreated AYB, BAYB: Boiled AYB, SBAYB: Soaked and Boiled AYB, ES: AYB hydrolyzed with partially purified protease from \(L.\ brevis\).
Table 4. Vitamin composition of protease-hydrolyzed AYB (mg/g).

| Treatments               | Vit C | Vit B1 | Vit B2 | Vit B3 | Vit D | Vit E | Vit A |
|--------------------------|-------|--------|--------|--------|-------|-------|-------|
| Negative control         | 10.3 ± 0.12b | 0.12 ± 0.01x | 0.23 ± 0.00a | 0.10 ± 0.01° | 0.31 ± 0.0a | 0.22 ± 0.0b | 736 ± 7.48° |
| BAYB                    | 14.7 ± 0.15c | 0.32 ± 0.11c | 0.42 ± 0.23c | 0.37 ± 0.34c | 0.66 ± 0.1c | 0.50 ± 0.2c | 867 ± 12.36b |
| SBAYB                   | 14.8 ± 0.09c | 0.23 ± 0.10b | 0.26 ± 0.03b | 0.10 ± 0.01a | 0.66 ± 0.1c | 0.57 ± 0.0d | 883 ± 8.16c |
| ES                      | 10.9 ± 0.68b | 0.31 ± 0.05a | 0.23 ± 0.00a | 0.31 ± 0.05b | 0.40 ± 0.0b | 0.28 ± 0.0b | 1000 ± 8.14d |

Data are represented as mean ± standard error (n = 3) with the same superscript down the column are not significantly different (p < 0.05).

Table 5. Mineral composition of protease-hydrolyzed AYB (mg/mL).

| Minerals       | BAYB      | SBAYB     | ES         | Raw       | Recommended Dietary Allowance (RDA) in mg/day |
|----------------|-----------|-----------|------------|-----------|---------------------------------------------|
| Calcium        | 232 ± 3.87a | 244 ± 1.50b | 249 ± 0.69a | 257 ± 2.50c | 210-800*, 800**, 1200***                     |
| Magnesium      | 47.2 ± 1.32b | 49.1 ± 2.27b | 32.3 ± 3.01c | 44.5 ± 2.81b | 30-130*, 240-360**, 320-340*****            |
| Iron           | 12.4 ± 1.05c | 13.4 ± 1.18c | 13.3 ± 0.45b | 15.3 ± 0.91c | 0.27-11*, 8-15**, 10***                     |
| Sodium         | 392 ± 3.60c | 363 ± 1.38c | 375 ± 3.24c | 376 ± 5.78c | 120*,1500**,***                            |
| Potassium      | 170 ± 1.85c | 177 ± 2.34c | 183 ± 0.62c | 187 ± 1.81c | 400-3000*, 4700**                           |

Data are represented as mean ± standard error (n = 3) with the same superscript across the row are not significantly different (p < 0.05).

Table 6. Amino acids composition of protease-hydrolyzed AYB (g/100g).

| Amino acids           | ES         | Negative control |
|-----------------------|------------|------------------|
| Leucine               | 7.76 ± 1.60c | 6.40 ± 0.02a     |
| Lysine                | 6.87 ± 0.72a | 5.34 ± 1.13b     |
| Isoleucine            | 4.31 ± 1.38a | 2.88 ± 1.16c     |
| Phenylalanine         | 6.30 ± 0.04c | 4.35 ± 1.22c     |
| Tryptophan            | 0.79 ± 1.16c | 0.60 ± 0.21c     |
| Valine                | 6.62 ± 0.11c | 4.83 ± 0.23c     |
| Methionine            | 3.22 ± 1.15c | 1.32 ± 0.26b     |
| Proline               | 2.61 ± 0.00c | 2.80 ± 0.03c     |
| Arginine              | 5.00 ± 0.01c | 5.43 ± 0.22c     |
| Tyrosine              | 2.59 ± 2.82c | 2.98 ± 3.11c     |
| Histidine             | 2.43 ± 1.53c | 3.30 ± 1.26c     |
| Cystine               | 1.17 ± 0.05a | 1.49 ± 0.03b     |
| Alanine               | 3.24 ± 1.23c | 3.96 ± 0.91c     |
| Glutamic acid         | 12.72 ± 0.61b | 11.8 ± 0.46c     |
| Glycine               | 5.79 ± 3.76b | 4.10 ± 2.24d     |
| Threonine             | 3.52 ± 1.23c | 3.05 ± 1.37c     |
| Serine                | 5.12 ± 2.55c | 3.16 ± 2.28c     |
| Aspartic acid         | 10.63 ± 0.08b | 8.86 ± 0.02b     |

Data are represented as mean ± standard error (n = 3) with the same superscript down the column are not significantly different (p < 0.05).

3.8.1. Amino acids composition of protease-hydrolyzed AYB

In Table 6, the amino acid composition of AYB hydrolyzed with partially purified protease from L. brevis is compared to the untreated AYB. Approximately 61% of the amino acids (leucine, lysine, isoleucine, phenylalanine, tryptopan, valine, methionine, glutamic acid, glycine, threonine and aspartic acid) evaluated was higher in AYB hydrolyzed with partially purified protease than the untreated sample. It is also worth knowing that glutamic acid had the highest values of 12.7 and 11.8 g/100g in protease-hydrolyzed and untreated AYB respectively, while tryptophan was least in both (protease-hydrolyzed and untreated AYB).

3.9. Average body weight of rats fed with different formulated diets

The average bodyweight of Wistar albino rats fed with different formulated diets is presented in Figure 2. The average bodyweight of all the rats fed with different formulated diets (different treatments) increased progressively during the 27-day feeding trials. The rats in a group fed with 60% protease-hydrolyzed AYB had the highest percentage weight gain of 144% having increased from 45.8 g at day 0 to 111 g at day 27 of feeding, while the least value of approximately 26% was recorded for the group fed with 20% inclusion. The average bodyweight of the rats increased as the AYB inclusion concentration increased in the formulated diets.

3.10. Hematological studies on rats fed with different formulated diets

Figure 3 shows the hematological parameters from albino rats fed with different concentrations of AYB hydrolyzed with partially purified protease. The group fed with 60% hydrolyzed AYB had the highest PCV value of 38%, followed by the group fed with 40% inclusion, while the least value of approximately 26% was recorded for the group fed with commercial diets. It is worth noting that the PCV of the albino rats fed with the experimental diets was higher than the group fed with a commercial diet. The average bodyweight of the rats increased as the AYB inclusion concentration increased in the formulated diets.
3.11. White blood cell differential counts of rats fed with different formulated diets

The white blood cell (WBC) differential counts from albino rats fed with the formulated diets are shown in Figure 4. The albino rats fed with a diet prepared from 60% hydrolyzed-AYB had the highest lymphocyte value of 64%, while the group fed with a diet prepared from 20% inclusion had the least value of 54%.

4. Discussion

African yam bean is one of the legumes widely used as a nitrogenous supplement both in infant and adult formulas either in hydrolyzed or intact form. They are naturally abundant and relatively cheap protein sources which are widely recognized for their high nutritional content with excellent functional assets. The majority of the legumes possess desired properties that made them suitable and ideal protein sources in the human diet. Acidic and enzymatic hydrolysis of leguminous seeds has been carried out extensively to improving their solubility and other functional properties (Wang and Gonzalez de Mejia, 2005). The enzymatic hydrolysis of leguminous seeds is physiologically better than the intact form because the intestinal absorption of nutrients appears to be more achieved (Aguirre et al., 2008). The commercial enzymes from fungal and bacterial isolates such as Apergillus oryzae, Rhizopus sp., Bacillus natto, B. subtilis and many more have been applied for the enzymatic process with reported cases of food poisonings (Aguirre et al., 2008). For the sake of safety, the use of LAB is considered as a better option for hydrolyzing leguminous seeds for food-grade production. In this present study, protease from a promising proteolytic LAB strain was evaluated for its ability to hydrolyze AYB and subsequently the hydrolyzed AYB was compounded into animal feeds.

The present investigation reveals varied LAB populations from some fermented foods. Olanisakin et al. (2019) reported the LAB population ranged from $9.80 \times 10^6$ to $2.00 \times 10^6$ CFU/ml from ‘kunu’, while Olaniyi et al. (2018) reported higher LAB population from ‘ogi’, a cereal fermented product. Izah et al. (2016) also evaluated the LAB population from some indigenous fermented foods and a higher LAB population occurred in ‘ogi’, followed by ‘nunu’, while the least occurred in yogurt. The varied LAB counts from different fermented samples might be attributed to the difference in the nutritional composition of the samples. The higher LAB population from ‘ogi’ can be linked to the viability of the microorganisms in utilizing the substrates (Berghofer et al., 2003) coupled with good enzyme machinery for effective utilization (Olaniyi et al., 2013).

The conventional and genetic studies revealed the identities of LAB isolates from the fermented products. Olanisakin et al. (2019) isolated and identified some LAB from fermented cereals, with the aid of both conventional and molecular methods and revealed the presence of L. fermentum, L. pentosus and L. plantarum. The predominance, coexistence and symbiotic association exhibited by LAB in traditional fermented cereals and legumes have been reported by Omemu et al. (2007);
Oyelana and Coker (2012). LAB are the major key players in the fermentation of cereals due to the presence of some growth-promoting factors such as sugars. They ferment sugars in cereals to organic acids as the end products leading to the acidification of fermented products which in turn might inhibit the growth and survival of other microorganisms (Agata et al., 2018).

In this study, there were variations between the LAB isolates in terms of protease production on casein agar medium and liquid state fermentation. The findings from this study are in agreement with the results of Dalmis and Soyer (2008) and Essid et al. (2009), who demonstrated that Pediococcus pentosaceus from Turkish sausages and Lactobacillus plantarum from a Tunisian traditional meat yielded good proteolytic activities. Akinyele et al. (2010) screened 25 bacterial isolates on casein-agar medium, and reported zone of casein hydrolysis from 12.00 to 25.40 mm. In a similar work by Fekadu (2015), bacterial isolates from oil-rich substrates were screened for protease production on casein agar medium with zones of casein hydrolysis ranged from 21.50 to 61.67 mm. A lesser zone of casein hydrolysis was reported for some bacterial isolates screened by Rajee and Selvamaleeswaran (2017). All eight LAB from Malaysian foods screened for quantitative extracellular production of protease exhibited appreciable extracellular proteolytic activities at different pH conditions (Toe et al., 2019). The varied protease production by LAB under investigation might be a subject of slight variation in their protease encoding genes (Lawal et al., 2010). The highest protease production achieved with L. brevis might be due to its possession of good protease machinery coupled with good catalytic efficiency (Olaniyi, 2014).

African yam beans hydrolyzed with protease had improved protein contents. Aguirre et al. (2008) enzymatically hydrolyzed soybean protein using proteolytic LAB strains, and the outcome of the study indicated improved nutritional value. Adebiyi et al. (2008) also reported appreciable increase in the protein content of sorghum grains hydrolyzed with partially purified amylase from Rhizopus stolonifer. There was an increase in the protein content of palm kernel cake, an underutilized hemicellulose substrate hydrolyzed with consortium of concentrated mannolytic and cellulolytic enzymes from Bacillus spp (Saenphoom et al., 2011). According to the study of Olaniyi et al. (2015), cassava peels and corn cob treated with partially purified mannanase had enriched protein contents. Lawal et al. (2010) reported significant increase in protein contents of PKC treated with multienzyme complexes from Aspergillus niger, R. stolonifera and Mucor mucido. Azeke et al. (2005) subjected different varieties of AYB seeds to lactic acid fermentation and boiling, and the results indicated that both fermented and boiled samples had their protein contents significantly improved in comparison to their raw counterparts. The conversion of protein obtained from the protease-treated AYB seeds in this study to gram per kilograms as presented by FAO and WHO is considered adequate for human nutrition. According to the documentation of WHO/FAO/UNO (1985), an adult person needs an average of approximately 0.80 g protein per kilogram body weight per day. This implies that a man which weigh 70 kg may need to consume 208–236 g of AYB daily to meet his protein requirement if AYB is the only protein source. The increase in the protein contents in the treated samples might be attributed to the presence of extracellular enzymes that are proteineous in nature and the impact of some protein-rich metabolites from the organisms involved in enzyme production (Ojokoh and Olubummi, 2016). The results obtained accentuate the possible role of protease-treated AYB seeds in fighting protein malnutrition in the developing countries.

The hydrolysis of AYB with partially purified protease resulted in the decrease of its crude fiber. In a study conducted by Olaniyi et al. (2015), approximately 75% reduction in the crude fiber was achieved in mannanase-hydrolyzed cassava peels. Saenphoom et al. (2011) hydrolyzed PKC with concentrated mannanase and cellulase, and reported remarkable decline in its crude fiber after the treatment. The findings of Iyayi and Aderolu (2004) and Lawal et al. (2010) agree with the results from this study. Iyayi and Aderolu (2004) reported significant reduction in the crude fiber contents of dried grains, maize and wheat husks when they were biodegraded by some fungi. The treatment of PKC with multienzyme complexes from Aspergillus niger, R. stolonifera and Mucor mucido substantially reduced its fiber contents (Lawal et al., 2010). The significant reduction in crude fiber contents of enzyme-treated AYB might be attributed to the activity of crude fiber-degrading enzymes secreted alongside enzyme of interest (Lawal et al., 2010; Saenphoom et al., 2011).

The treatment of the seeds of AYB with partially purified protease produced a noticeable decline in its carbohydrate content. The reduction in the carbohydrate contents of processed African yam bean reported in this work is in agreement with previous results documented by other authors (Granito et al., 2002; Azeke et al., 2005; Ndidi et al., 2014a, b). Azeke et al. (2005) reported significant reduction in some dietary fiber components such as cellulose and other non-digestible carbohydrates in the seeds of AYB fermented spontaneously, and with L. plantarum. It was documented by Granito et al. (2002) that the enzyme treatment in the carbohydrate content of Phaseolus vulgaris, lentils and chickpeas might be attributed to the activity of crude fiber-degrading enzymes (which might be produced alongside with protease) on some its carbohydrates contents (Ngwu et al., 2014).

The hydrolysis of AYB with partially purified protease from L. brevis led to an increase in its vitamin contents. So far, no single published articles are available on the effects of enzyme treatment on the vitamin content of organic substrates whereas there are numbers of published articles on the effect on fermentation on this subject matter. Although, findings from this study shows that both protease-treated and boiled AYB samples had their vitamin contents significantly reduced. The reduction in the vitamin content of some fermented products have been documented and it was associated with lactic acid fermentation (Makun et al., 2012; Abdulaziz et al., 2014). According to Makun et al. (2012), cereals and legumes are rich sources of minerals, vitamins, carbohydrates, oils and proteins but when processed through wet-milling and fermentation majority of the nutrients especially water-soluble vitamins are lost leaving mostly carbohydrates. Substantially, AYB hydrolyzed with concentrated protease from L. brevis had its mineral contents reduced. Similar observations were reported by Akinyele et al. (2011) and Olaniyi et al. (2015). Olaniyi et al. (2015) reported approximately 34, 81 and 29% reduction for calcium, copper and potassium in mannanase-treated palm kernel meal. In another study conducted by Ndidi et al. (2014a, b), boiled AYB had reduced magnesium, calcium, potassium, iron and sodium contents when compared with raw sample. The levels of calcium and magnesium in the processed AYB fall within the Recommended Dietary Allowance (RDA) of these minerals for infants (Ndidi et al., 2014a, b). Furthermore, sodium and iron met the dietary requirement of these minerals needed in children. The potassium contents in the AYB subjected to different processing techniques do not seem to meet RDA for infants, children, or adults (United States Department of Agriculture (USDA) and may be assessed via http://www.nap.edu/). The reason for the reduction in some minerals after soaking and boiling, and enzyme treatment might be due to the fact that some of these minerals could be utilized as co-factors for effective catalytic function of enzyme molecules of interest (Lawal et al., 2010). In addition, the bioavailability of some of these minerals might also be reduced probably due to the presence of tannins that was released during enzyme-treatment (Azeke et al., 2005). It has been reported that heat-stable tannins and phytate released during food processing bind minerals and markedly reduce minerals availability in processed foods (Azeke et al., 2005).

African yam beans hydrolyzed with partially purified protease had its amino acid contents improved when compared with untreated sample. The findings of Jannathulla et al. (2017) agrees with this findings.
According to Jannathulla et al. (2017), natural fermentation is one of the methods by which essential amino acid is increased in organic substrates. The increment in essential amino acids in naturally fermented PKC and copra meal was also previously reported by Dairo and Fasuyi (2008), but in contrast, Osman (2011) reported a reduced level of certain essential amino acid in fermented pearl millet which might be due to the short fermentation period. The variations in the increase of essential amino acids by enzyme treatment on AYB might be due to enzyme activity on hard testa of AYB resulting in unlocking of the embedded amino acids (Jannathulla et al., 2017).

The feeding of albino rats with different concentrations of AYB hydrolyzed with partially purified protease led to progressive increase in their average bodyweight. The observation of Adebiyi et al. (2008) is in agreement with the findings from this study. The average bodyweight of albino rats fed with sorghum starch hydrolyzed with amylase from Rhizopus sp. increased after 30th day of feeding trials. The increase in body weight of albino rats fed with treated AYB could be ascribed to optimal bioavailability of nutrients, ease of absorption and robust utilization due to pre-processing of the AYB to assimilable diet by enzymatic activities (Adebiyi et al., 2008). Protein hydrolysis is known to yield amino acids readily digestible and absorbed compared with intact protein (Barreteau et al., 2006; Toe et al., 2019). Probiotics are also known to produce many important enzymes and increase the bioavailability of vitamins and calcium as well as the enhancement of mineral availability such as iron (Christopher et al., 2006). And all these nutrients which might be present in hydrolyzed AYB inclusion diets could account for progressive increase in the rats.

The albino rats fed with hydrolyzed AYB had improved PCV, Hb, and RBC. The improvement recorded in this study is in agreement with the findings of Adebiyi et al. (2008). Adebiyi et al. (2008) reported that albino rats fed with amylase hydrolyzed feed had the highest PCV, Hb and RBC when compared with a commercial feed. The improved PCV, Hb and RBC might be due to the presence of mineral and vitamin that helps in the formation and maintenance of the blood. This also suggest that the treated diets improved the RBC and Hb which are the oxygen carrying compounds present in the RBC. The total Hb concentration depends primarily on the number of RBC in the blood sample. PCV and Hb are used for monitoring quantitative changes in RBC (Adebiyi and Oloke, 2002). The white blood cell differential count observed in rats fed with hydrolyzed AYB as compared with the commercial diet further support the health benefit of this diets. An increase in the granulocyte and reduction in the lymphocyte count is an indication of infection (Adebiyi and Oloke, 2002).

5. Conclusion

Lactic acid bacteria associated with some fermented foods are good sources of protease and they can be used as substitutes to chemicals mostly used for the elimination of hard testa of AYB which are known to be deleterious to humans and environment. The treatment of AYB with protease from L. brevis resulted in the degradation of its complex testa to increase its crude protein, amino acids, vitamins, and certain minerals. This improvement in the nutritional value of AYB is desired in the developing world where there is an insufficient food supply for all. Hence, protease-hydrolyzed AYB could be a substitute for expensive animal protein sources. The treated AYB showed a demonstrable improvement in the blood formation and associated parameters in the rat, and increasing bodyweight. Thus, the treated AYB may be a suitable alternative for individuals especially children with indigestion challenges, to provide health benefits in malnourished ones, and find applications in functional foods.

Declarations

Author contribution statement

Oladejo, Tolulope Christianah: Performed the experiments; Analyzed and interpreted the data; Contributed reagents, materials, analysis tools or data; Wrote the paper.

Olaniyi, Odilipo Oladiti: Conceived and designed the experiments; Contributed reagents, materials, analysis tools or data; Wrote the paper.

Ayodeji, Adeyemi Oluwadare: Performed the experiments; Analyzed and interpreted the data; Contributed reagents, materials, analysis tools or data.

Akinyele, Bamidele Juliet: Conceived and designed the experiments.

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Competing interest statement

The authors declare no conflict of interest.

Additional information

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