In this study, the impacts of fermentation and germination on the functional, nutritional, and health quality attributes of samh seeds were evaluated.Germination and fermentation treatments can enhance the nutritional value of samh seeds by increasing their bioactive properties (TPC, TFC, phenolic compounds, and antioxidant activity), in vitro protein digestibility, protein efficiency ratio, and total essential amino acids and reducing antinutritional factors (tannin and phytate), carbohydrate content, and glycemic index.Samh seeds are rich in bioactive compounds, protein, essential amino acids, and unsaturated fatty acids and could be deliberated as a promising candidate for developing functional foods.However, it reduced the moisture, non-essential amino acids, and total unsaturated fatty acids of the samh seeds.

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