



Abstract

2010 (Vol. 2, Issue: 1)

Article Information:

Estimation of Thiamin and Ascorbic Acid Contents in Fresh and Dried *Hibiscus sabdarriffa* (Roselle) and *Lactuca sativa* (Tettuce)

Co-Author's: S. Sarkiyayi and H. Ikioda
Corresponding Author: sarkiyayi shehu

Key words: Ascorbic acid, *Hibiscus sabdarriffa*, *Lactuca sativa*, Thiamin, vegetables, vitamins,
Vol. 2 , Issue: 1, Page No: 47-49

Submitted Date:

2009 November, 02

Accepted Date:

2009 December, 03

Published Date:

2010 January, 10

Abstract:

The utilization of locally available vegetables is limited due to lack of information and knowledge on their nutritive values. The thiamin and ascorbic acid content of both fresh and dried leaves of *Hibiscus sahdarriffa* and *Lactuca sativa* was investigated. The result revealed that the thiamin content of dried and fresh *Hibiscus sabdarriffa* was 0.00194mg/g and 0.75mg/g respectively. The thiamin content of dried and fresh *Lactuca sativa* were 0.00139mg/g and 15.08mg/g respectively. The ascorbic acid content of dried and fresh *Hibiscus sahdarriffa* were 0.0736mg/g and 0.1802mg/g respectively. The ascorbic acid contents of dried and fresh *Lactuca sativa* were 0.0319mg/g and 0.11095mg/g respectively. All the values obtained were found to be below the recommended daily intake. The analysis revealed that *Hibiscus sahdarriffa* contained higher amount of ascorbic acid in both dried and fresh leaves than *Lactuca saliva*. The comparative analysis also revealed that *Hibiscus sabdarriffa* has higher nutritive values of the vitamins than lettuce. It is there fore recommended that vegetables should be cooked fresh so as to retain their vitamin contents.

[View Abstract](#)

[View PDF](#)

[View HTML](#)

Cite this Reference:

S. Sarkiyayi and H. Ikioda, 2010. Estimation of Thiamin and Ascorbic Acid Contents in Fresh and Dried *Hibiscus sabdarriffa* (Roselle) and *Lactuca sativa* (Tettuce). *Advance Journal of Food Science and Technology*, 2(1): Page No: 47-49.

Advertise with us



ISSN (Online): 2042-4876
ISSN (Print): 2042-4868

[Submit an article](#)

Current Information

- Paper in Press
- Current Issue
- Archives
- Author's Comments

Sales & Services

- Subscribe / Renew
- Recommend to Libaray
- Reprints/Offprints
- Special Sale
- Customer Services

Contact Information

Executive Managing Editor
Email: admin@maxwellsci.com
Publishing Editor
Email: support@maxwellsci.com
Account Manager
Email: faisalm@maxwellsci.com
Journal Editor
Email: admin@maxwellsci.com
Press Department
Email: press@maxwellsci.com