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Abstract

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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,

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Abstract:

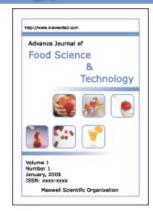
The utilization of locally available vegetables is limited due to lack of information and knowledge on their nutritive values. The thiamin and ascorbic acid content of both fresh and dried leaves of Hibiscus sahdarriffa and Lactuca sativa was investigated. The result revealed that the thiamin content 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 w ere 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.

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