



### Abstract

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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

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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.

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