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# **Czech J. Fo**

## **M. Dekker, K. I R. Verkerk:**

# Differences in Stability of Glucosinolates in Brassica Vegetables

Czech J. Food Sci., 27 (2008)

The thermal stability of individual glucosinolates within five different Brassica vegetables was studied at 50 °C for different incubation times (1, 5, 10, 15, 30, 60 minutes). Three vegetables in this study were *Brassica oleracea* (cabbage, broccoli and Brussels sprouts) and two were *Brassica rapa* (rapeseed and Chinese cabbage). The influence of enzymatic breakdown by myrosinase was inactivated by thermal treatments. The stability of glucosinolates that occurred in the vegetables (gluconapin, gluconapin and 4-methoxyglucobrassicin) varied considerably between the vegetables. The degradation rates modeled by first order kinetic constants obtained varied twenty fold between the five vegetables. Brussels sprouts showed the lowest degradation rates for all the

glucosinolates. The two in  
glucosinolates were most  
cabbage, while gluconapir  
stable in broccoli. These r