

论文

上海新鲜蔬菜水果抗坏血酸含量的研究

胡乃钊;叶兰生;黎汉德

上海军医大学药理学系

摘要:

关键词:

THE ASCORBIC ACID CONTENT OF SHANGHAI FRESH VEGETABLES AND FRUITS

Hu NAI-CHAO;YEH LAN-SEN;AND LEE HAN-TEH

Abstract:

The total and dehydro-form of ascorbic acid content of 73 kinds of fresh vegetables and fruits in Shanghai were estimated by the 2, 4-dinitrophenyl hydrazine method, which was considered to be more accurate than the 2, 6-dichlorophenol indopenol method commonly used. Nine kinds of the vegetables here studied have not been previously reported. Vegetables that showed the highest content of total ascorbic acid are: Alfalfa, Pea sprouts, Piao-Er-Tsai, Kohlrabi(甘蓝菜) Coriander, bitter gourd, green pepper, red pepper and canarium. There are marked differences between our results and those previously reported.

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