

Analysis of Nutritional Composition, Soluble Oxalate and Antioxidant Capacity of Characteristic Vegetables in Taitung

Chia-Yu Lin ¹

Abstract

The objective of this study was to analyse the nutrition, soluble oxalate and the ability of antioxidant of the characteristic vegetables of Taitung. In this study the content of nutrient, minerals, soluble oxalate and the ability of *Gonostegia hirta* (Blume) Miguel, *Gynura elliptica* Yabe & Hayata, and *Emilia sonchifolia* (L.) DC. are determined. The result showed that characteristic vegetables rich in vitamin A and iron. The content of vitamin A of *G. hirta*, *G. elliptica*, and *E. sonchifolia* with the value of 7640, 3037, and 6545 I.U./100g and the content of iron were 1.59, 0.63, and 0.93 mg/100g, respectively. In this study boiling markedly reduced soluble oxalate content by 80-90%. The capacity of antioxidant of fresh characteristic vegetables were equivalent to 9.54-10.21 mg trolox per g. After boiling, the capacity of antioxidant were equivalent to 9.20-9.95 mg trolox per g. The antioxidant capacity of fresh characteristic vegetables showed 82% of sweet potato leaves. After boiling the characteristic vegetables showed the antioxidant capacity of 75% of sweet potato leaves.

Key words : Characteristic vegetables, Soluble oxalate, Antioxidant capacity.

¹Assistant Researcher of Taitung DARES, COA.