

Mineral contents of some plants used in Iran

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ABSTRACT

In this work, mineral contents of 4 plants used in Iran were determined by Inductively Coupled Plasma-Atomic Emission Spectrometry. The concentrations were calculated on a dry weight basis. All materials contained high amounts of Na, Al, Ca, Fe, K, Mg, P, Zn, and I. On a moisture-free basis, the highest levels of Ca, P, and Mg were found in spinach to be 3200 mg/100 g, 2150 mg/100 g, and 460 mg/100 g, respectively. Bi, Cd, Li, Pb, and Se contents of condiments were found to be very low. The results were compared with those from the Spanish, Turkish, and Indian. This work attempts to contribute to knowledge of the nutritional properties of these plants. These results may be useful for the evaluation of dietary information and concluded that the green vegetables are the good sources of minerals.

KEYWORDS

Green vegetables . ICP-AES . mineral contents . nutritional properties

REFERENCES

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