

Carbohydrate and Mineral Content of Chyote (*Sechium edule*) and Bottle Gourd (*Lagenaria Siceraria*)

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ABSTRACT With peel and without peel samples of two vegetable viz. *Chayote* (*Sechium edule*) and bottle (*Lagenaria siceraria*) ground both belonging to the family cucarbitaceae were analysed for their carbohydrate content viz. crude fiber reducing sugars, non reducing sugars and different dietary fiber constituents like, NDF, ADF, legnin cellulose and hemicelluloses and mineral's like calcium, phosphorus and iron content and minerals. Chayote was found to be better in dietary fiber constituents, who are significantly higher when compared with bottle gourd, but total sugar, reducing sugars and non reducing sugars were significantly less in chayote.

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