
Proximate Composition of Underutilized Green Leafy Vegetables in Southern Karnataka

K. Sheela, Kamal G. Nath, D. Vijayalakshmi, Geeta M. Yankanchi and
Roopa B. Patil,

*Department of Rural Home Science, University of Agricultural Sciences, Hebbal,
Bangalore 560 024, Karnataka, India*

Phone: 3415941, 3411483 Extn.1, Fax: 91-080-3415941,

E-mail: sk_sheela@hotmail.com

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ABSTRACT In India, various types of underutilized foods are available seasonally but are not utilized to the extent they should be in spite of their high nutritive value. Looking into the prevalence of high level of micronutrient malnutrition among vulnerable section, utilization of underutilized foods can be explored to overcome the nutritional disorders. Practically, there is no information available on the nutritive value of underutilized foods, which may contribute significantly to the nutrient intake of rural population. Thus, an attempt has been made to identify and analyze various underutilized vegetables for their nutrient content from selected regions of south Karnataka. A total of 38 green leafy vegetables have been identified and the iron content of the same ranged between 3.68 to 37.34mg/100g, the highest iron content was observed in Nelabasale greens, *Portulaca oleracea* (37.34mg). Calcium content ranged from 73 to 400mg/100g. Chilikere greens, *Oxalis acetosella* (400mg) had maximum calcium content. The highest ascorbic acid content was found in Knol Khol greens, *Brassica oleracea*.

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