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## Proximate composition, mineral profile and $\beta$ -carotene contents of new cultivars *Daucus carota* indigenous to Pakistan

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Root vegetables traditionally prepared and eaten with starchy bread are recognized for their adequate nutritive potential. The aim of present study was to explore the nutritive potential of newly invented cultivars of *Daucus carota* on commercial scales. The physicochemical and nutritive attributes of selected cultivars were investigated and the significant results ( $p > 0.05$ ) obtained viz., moisture (86.6-92.89%), proteins (0.56-1.68%), crude fibers (1.55-3.28%), ash (0.40-1.20%), carbohydrates (6.44-8.13%), fats (0.27-0.46%) and calorific energy (26.38-38.42 kcal/100 g). The mineral contents determined by atomic absorption spectrophotometer (AAS) viz., Co (0.19-0.48  $\mu\text{g/g}$ ), Cu (1.20-1.99  $\mu\text{g/g}$ ), Fe (4.01-5.90  $\mu\text{g/g}$ ), Sr (2.9-4.17  $\mu\text{g/g}$ ) and Zn (2.0-3.15  $\mu\text{g/g}$ ). Spectrophotometric analysis presented the appreciable level of  $\beta$ -carotene (6.12-14.87 mg/100 g) proving the medicated properties of newly invented cultivars of *D. carota*. All these results proved that the selected cultivars of *D. Carota* if consume in adequate quantity, would contribute significantly to the nutritional requisites for human health.

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