

Nutritional profile and antioxidative properties of selected tropical wild vegetables

ABSTRACT

Five underutilized wild vegetables namely *Limnophila aromaticoides*, *Ceratopetris thalictroides*, *Crassocephalum crepidioides*, *Etlingera elatior* and *Monochoria vaginalis* were analyzed for nutritional values, phenolic components and antioxidant activities. These wild greens were found to have high fibre (11.3-19.8 g/100g) and ash (13.0-17.6 g/100g) contents as compared to commercialized species, *Brassica juncea*. The iron content of *Monochoria vaginalis* is four times higher than *Brassica juncea* (33.1 mg/g dry weight). *Crassocephalum crepidioides* demonstrated remarkable lipid peroxidation inhibition (90.4%). The phenolic content of *Etlingera elatior* is two times higher than *Brassica juncea*. Thus, it is of both great free radical scavenger and iron chelators with the lowest EC50 values of 1.8 mg/ml and 2.3 mg/ml respectively. As a conclusion, these wild vegetables could be potentially used in alleviating micronutrients deficiency especially for the rural populace and as a potent source of natural antioxidants.