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Comparative evaluation of the proximate analysis of some selected Capsicum species

• **Ayushi** • **Juhi Kumari** • **Nibha Kumari**

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Corresponding Author : Pinky Prasad

Abstract: *The quality of food depends upon the presence of a relative concentration of various nutrients such as protein, fat, carbohydrate, vitamins and minerals. The present investigation was aimed to generate baseline information on the proximate analysis of three colours of Capsicum annum (green, yellow and red). It was found that among the three colours of the Capsicum annum, yellow Capsicum contained highest fiber (9.6%), and vitamin C (159.43 mg/ 20 g) as compared to red Capsicum which contained 6.6% fiber, and 81.08 mg/ 20g of vitamin C content. The green Capsicum contained the least vitamin C content (16.54 mg/ 20 g). Green Capsicum contained highest carbohydrate content 27.21% as compared to yellow (16.13%) and red (13.79%).The protein content of red Capsicum and yellow Capsicum was found to be equal (0.08%) and green Capsicum had the least protein content (0.065%). However, the fat content was highest in green Capsicum (19.83%) followed by red Capsicum (9.8%) and yellow Capsicum (8.1%). From the present investigation, it can be concluded that the yellow pepper contained higher nutrients compared to red and green Capsicum.*

Keywords: Capsicum annuum, nutrients, vitamins and minerals

Ayushi
B.Sc. III year, Botany (Hons.), Session: 2018-2021,
Patna Women's College, Patna University, Patna,
Bihar, India

Juhi Kumari
B.Sc. III year, Botany (Hons.), Session: 2018-2021,
Patna Women's College, Patna University, Patna,
Bihar, India

Nibha Kumari
B.Sc. III year, Botany (Hons.), Session: 2018-2021,
Patna Women's College, Patna University, Patna,
Bihar, India

Pinky Prasad
Head, Department of Botany, Patna Women's College,
Bailey Road, Patna–800 001, Bihar, India
E-mail : pinky.bot@patnawomenscollege.in

Introduction:

Capsicum annuum (bell pepper) an autogamous plant, native to tropical America belongs to the family Solanaceae and is closely related to tomato, eggplant, potato and tobacco. The genus *Capsicum* represents a diverse plant group and includes twenty seven species; five domesticated and twenty two un-domesticated (Bosland, 1993).

Capsicum species are widely used as a source of nutrition and also for food flavoring (Zou et al., 2015) and consumed as an ingredient in many dishes, noodles, soup, and salads. The quality of food depends upon the presence of a relative concentration of various nutrients such as protein, fat, carbohydrates, vitamins and minerals. Various studies have shown that *Capsicums* are rich in protein, fat, and vitamins and are important for