

Table 1 Vegetables of high antioxidant activity and high total phenolic content

Vegetables	Antioxidant	Total phenolics
<i>Chenopodium album</i>	70.8	63.47 mg/100 gm
<i>Beta vulgaris</i>	66.2	53.43 mg/100 gm
<i>Brassica juncea</i>	63.5	50.1 mg/100 gm
<i>Pisum sativum</i>	61.2	47.33 mg/100 gm
<i>Brassica oleracea</i>	60.5	43.72 mg/100 gm