

Table 2 Vegetables of medium antioxidant activity and total phenolic content

Vegetables	Antioxidant	Total phenolics
<i>Daucus carota</i>	58.40	46.49 mg/100 gm
<i>Allium sativum</i>	55.90	45.5 mg/100 gm
<i>Brassica rapa</i>	52.62	43.7 mg/100 gm
<i>Phaseolus vulgaris</i>	51.57	42.6 mg/100 gm
<i>Allium cepa</i>	50.70	37.50 mg/100 gm