

Table 3 Vegetables of low antioxidant activity and total phenolic content

| Vegetables               | Antioxidant | Total phenolics |
|--------------------------|-------------|-----------------|
| <i>Capsicum anunum</i>   | 43.39       | 41.91 mg/100 gm |
| <i>Cucumis sativus</i>   | 41.50       | 35.53 mg/100 gm |
| <i>Brassica oleracea</i> | 38.10       | 33.45 mg/100 gm |
| <i>Raphanus sativus</i>  | 25.78       | 33.03 mg/100 gm |