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Boiling treatment affects the nutritional quality of the Algerian variety of red cabbage

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Abstract

The aim of this work is to investigate the effect of boiling one of the domestic cooking method used all around the world on the nutritional quality of an Algerian variety of red cabbage. Phytochemical content (i.e., polyphenols, ascorbic acid, anthocyanins) and antioxidant capacity were analyzed in both of fresh and cooked red cabbage. Nutrient and health-promoting compounds in red cabbage are significantly affected.

Boiling was found to cause significant reduction in anthocyanin and significant losses of total phenolic, vitamin C and DPPH radical-scavenging activity. Normally, red cabbage consumed fresh in salads could maintain the highest nutrition.

Keywords: Boiling, Red cabbage, Polyphenols, Antioxidant activity.