



### Abstract

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A Comparative Study of Nutrients and Mineral Molar Ratios of Some Plant Foods with Recommended Dietary Allowances

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The proximate composition and mineral constituents of *Asparagus officinalis* stem and *Momordica dioica* R. fruit were evaluated in order to standard methods. The stem contained an ashes: 10.70% crude protein: 32.69%, crude lipid: 3.44%, crude fiber: 18.50%, and carbohydrates: 34.67%. Stem also has highenergy value (384.27kcal/100g) dry weight. The fruits contained an ashes: 9.1% crude protein: 5.44%, crude lipid: 3.25%, crude fiber: 22.9%, and carbohydrates: 59.31% Comparing proximate and minerals contents of the stem and the fruit, the results indicated that *Asparagus officinalis* stem could be a good supplement for some nutrients such as protein potassium, and carbohydrates. The stem could be promoted as a carbohydrate supplement for cereal-based diets in poor rural communities, while *Momordica dioica* R. fruits could be a good supplement for some nutrients such as Fibre, Potassium, Zinc, lipid, Protein and Carbohydrates. *A. officinalis* is suitable for high-temperature food processes.

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