

THE NUTRITIONAL AND PHYTOCHEMICAL COMPOSITION OF MOLDAVIAN PUMPKIN

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Abstract

This paper presents the results of analyzing of chemical composition and some bioactive components such as phenols, carotenoids, carbohydrates and minerals in one of a product of plant origin, namely, in pumpkin. High amount of carbohydrates, vitamins and minerals in pumpkin makes it an important source of bioactive ingredients. Pumpkin is rich in beta-carotene, and lycopene. In accordance with current research, the edible part of pumpkin grown industrially in Republic of Moldova presented the following nutritional potential: total phenols – 260,3 mg GAE/100 g, total carotenoids – 8,38 mg/100 g, carbohydrates – 10,5%, minerals as iron, calcium, potassium, phosphorus, the most abundant mineral was potassium – 210 mg/100 g. The acidity was of 0,23 %, expressed as malic acid, and pH value of 5,2. The knowledge and effective use of this valuable agro-food product can be useful in the development of different healthy diets and in the treatment of pathologies with nutritional impact.

Key words: *pumpkin pulp, phenolic compounds, carotenoids, carbohydrates, minerals*