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The Antioxidant Properties of *Daucus carota* L.¹²

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Daucus carota L. (Carrot) is much have rich phenolic compounds, flavonoids, beta carotene, ascorbic acid, tocopherol, carbohydrates, calcium, phosphorus, iron, potassium, copper, manganese, sulfur, vitamins A, B1, B2, C, E, thiamine, folic acid and riboflavin but contain little protein and fat. Which is one of the most commonly used vegetables in human nutrition and is classified as vitamin food. Vitamins C and E, beta-carotene and tocopherol are known to have antioxidant potential (1,2). The complex mixture of these phytochemicals, which we have given above in fruits and vegetables, provides a better protective effect than single phytochemicals.

Daucus carota L. have potentially beneficial health effects, anti-carcinogenic, antioxidant, and immuneboosting properties, as well as the pro-vitamin activity of some carotenoids. *Daucus carota* L. has recently been an important food source for chronic diseases such as cancer, cardiovascular diseases and diabetes, blood pressure, osteoporosis, cataracts, arthritis, heart disease, bronchial asthma and urinary tract infections (1,3).

There are several extraction and antioxidant capacity methods made with different solvents for total phenolic content and antioxidant activity determination for vegetables and fruits. Samples of homogenized carrots were extracted with methanol for total phenolic content and antioxidant activity assay. Free radical scavenging capacities, total ascorbic acid, DPPH radical scavenging test, hydroxyl radical scavenging capacity, total phenolic compounds (Folin-Ciocalteu method) determinations were investigated. Compared with the data, it is seen that *Daucus carota* L. are rich source of carotene angle and also have high antioxidant activity value.

Keywords: antioxidant capacity, *Daucus carota* L., phenolic, scavenging capacity

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