

The effect of drying on the nutritional composition of fresh and dried *MORINGA OLEIFERA* Leaves

Sunmonu, M. O¹. Orhevba, B. A². and A.Yusuf²

¹Department of Agricultural and Biosystems Engineering, Faculty of Engineering, University of Ilorin, Nigeria. ²Department of Agricultural and Bioresources Engineering, School of Engineering and Engineering Technology, Federal University of Technology, Minna, Nigeria.

Abstract

A study was carried out to identify some nutritional properties of Moringa Oeifera leaf and to compare the nutritional qualities of fresh and dried leaves of Moringa Oleifera. Two samples each of fresh and dried Moringa Oeifera leaves were used for the experiment and the mean values in their nutritional qualities compared. The results revealed higher nutritional qualities in the dried samples compared to the fresh samples. The percentage fat, crude protein, crude fibre, ash, carbohydrate, nitrogen, potassium, sodium and calcium of 2.50, 11.00, 15.30, 9.30, 49.50, 1.80, 1.30, 0.80 and 0.60 respectively were recorded for dried Moringa Oeifera leaf while the percentage fat, crude protein, crude fibre, ash, carbohydrate, nitrogen, potassium, sodium and calcium of 1.0, 3.86, 1.50, 2.70, 16.9, 0.60, 1.10, 0.50 and 0.20 respectively were recorded for fresh Moringa Oeifera leaf. I will recommend that the fresh sample should be dried so as to attain it maximum potentials.

Keywords: drying, crude protein, *Moringa Oeifera*, nutritional, composition

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