



**ISBN: 978-93-92725-67-8**

**e-ISBN: 978-93-92725-68-5**

# Contents

Foreword	v
Preface	vii
1. Antioxidant Properties and Health Benefits of Tomato	1
2. Antioxidant Properties and Health Benefits of Brinjal	23
3. Antioxidant Properties and Health Benefits of Chilli and Capsicum	67
4. Antioxidant Properties and Health Benefits of Cole crops	93
5. Antioxidant Properties and Health Benefits of Onion	133
6. Antioxidant Activity and Health Benefits of Garlic	159
7. Antioxidant Properties and Health Benefits of leafy vegetables	179
8. Antioxidant Properties and Health Benefits of Carrot	225
9. Antioxidant Properties and Health Benefits of Beetroot	243
10. Antioxidant Properties and Health Benefits of Radish	255
11. Antioxidant Properties and Health Benefits of Leguminous Vegetables (Peas and Beans)	281
12. Antioxidant Properties and Health Benefits of Tuber Crops	307
13. Antioxidant Properties and Health Benefits of Cucurbits	339
14. Nutritional, Antioxidant Properties and Health Benefits of Okra	377
15. Antioxidant Properties and Health Benefits of Moringa/Drum Stick	397
16. Antioxidant Properties and Health Benefits of Underutilized Vegetable Crops	427
17. Antioxidant properties and Health Benefits of Edible flowers	461