

## EVALUATION OF NUTRITIONAL VALUES IN RIPE, UNRIPE, BOILED AND ROASTED PLANTAIN (*Musa paradisiacal*) PULP AND PEEL

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### ABSTRACT

Evaluation of nutritional values in ripe, unripe, boiled and roasted plantain pulp and peel was carried out. The proximate analysis shows that the moisture contents in all the samples ranged between 58.24% (ripe plantain pulp) and 53.30% (ripe plantain peel). The ash content which is very important in determining mineral content had the highest value (6.30%) in ripe plantain peel and the least (1.00%) was recorded in unripe plantain peel. Relatively low fat content was obtained in nearly all the samples with the highest in unripe plantain pulp (6.69%). Crude fibre was between the range of 5.61% (boiled unripe plantain pulp) and 5.05% (roasted unripe plantain pulp). The ripe plantain peel had the highest protein content (6.69%) while the least (2.93%) was recorded in unripe plantain peel. The highest carbohydrate content (55.20%) was found in roasted unripe plantain pulp. Unripe plantain peel almost had the highest value of minerals among all the samples with: Fe (89.50 mg/kg), Ca (181.28 mg/kg), Mg (34.50 mg/kg), Mn (4.45 mg/kg) and followed by ripe plantain peel as shown in Table 2. Cu was not detected in any of the samples.

**Keywords:** Evaluation, plantain, minerals, plantain, pulp and peel.