2.1.4 Moisture Contents

Moisture generally refers to the presence of water however, the moisture content in vegetables is indicative of its freshness as well as easy perishability (Adepoju and Oyehran, 2008).

Table 3. Proximate Nutrients Composition (Mg/100g) and (%) of Bitter Leaf

Proximate Composition	**Values**	**Author (s)**
Moisture	66.45[a], 82.0[b], 79.9%[c], 76.67%[d]	Sodamade A(2013)[a], Fred *et al*., (2009), Ejoh *et al*., (2007) and Okaffor, (1995)
Protein	29.09[a], 9.7%[b], 19.2%[c], 1.3[d], 44.28[e]	Agunbiade *et al*., (2015)[a] Udensi *et al*., (2002)[b] Ejoh *et al*., (2007)[c], Fred *et al*., (2009)[d] and Sodamade A (2013)[e]
Carbohydrate	23.58[a], 52.53[b], 68.4	Sodamade (2013)[b] Agunbiade *et al*., (2015) Ejoh *et al*., (2007)[c]
Crude Fibre	12.84[a], 10.46[b], 19.2%[c]	Agunbiade *et al*., (2015)[a], Sodamade (2013)[b] Eleyinmi *et al*., (2008)[c]
Ash	0.5[a], 2.30[b], 12.48[c]	Fred *et al*., (2009)[a], Agunbiade *et al*., (2015)[b], Sodamade, (2013)[c]
Fat/Lipids	9.20[a], 4.7[b]	Sodamade (2013), Eleyinmi *et al*., (2008)[b]
Vitamin C	345.0	Agunbiade *et al*., (2015)
Dry matter	15.10	Agunbiade *et al*., (2015)
Ascorbic Acid	80-104[a], 166.5[b]	Udensi *et al*., (2002)[a], Ejoh *et al*.,(2007)[b]

Source: 1. Agunbiade et al., 2015 (2) Ejoh *et al*., 2007 (3) Eleyinmi *et al*., 2008 (4) Fred et al., 2009 (5) Okaffor, 1995 (6) Sodamade, 2013 (7) Udensi *et al*., 2002

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