



Determination of Ascorbic Acid in Fruits and Vegetables

Asha Tirkey*, Jacintha D'Souza*, Monika Bharti* and Madhu Rani Sinha**

*B.Sc. II (2008-11) Department of Chemistry Patna Women's College, Patna University.

**Head, Department of Chemistry, Patna Women's College, Patna University.

In the study we have analyzed commonly available various edible fruits and vegetables with a view of determining Ascorbic Acid in them. Ascorbic Acid is soluble in water with pleasant acidic taste and it has antioxidant properties. The L- enantiomer is also known as vitamin C. Molecular formula is $C_6H_8O_6$. Fresh fruits and vegetables are the richest source and is more abundant in Amla lemon, guavas, oranges, green chilli etc. It helps in fighting bacterial infections. Its salt is commonly used as antioxidant food additives. The deprotonated form has two resonance structures. Severe deficiency of Ascorbic Acid results in scurvy. The principle used is the reduction of 2,6-dichlorophenol-indophenol by an acid solution of Ascorbic Acid. Five samples of various edible fruits and five samples of various vegetables were also analyzed using titrimetric method. It was found that in taken samples of fruits Amla had the highest amount (640mg/100ml) and Grapes had the lowest amount (20mg/100ml) and in taken samples vegetables Turnip leaves had greater amount (160mg/100ml) and least amount was found in Radish leaves (80mg/100ml). It was also noted that Ascorbic Acid was comparatively more in mixed fruits than in mixed vegetables.

Key words : Ascorbic Acid, Titrimetric method.
