



NUTRITIONAL & PHYTOCHEMICAL CHARACTERIZATION OF **RADISH**

LEAVES & STEMS

- Carbohydrates
- Crude protein
- Ash
- Crude fiber



SPROUTS

- Dehydroerucin
- Glucoraphenin
- 4-hydroxiglucobrassicin



ROOTS

- Carbohydrates
- Ash
- Crude Protein
- Potassium
- Crude fiber

Concentrated Components in Radish



AIM

To better understand the role of radish and extracts in human nutrition and health and provide insights for future biological and pharmacological research about phytochemicals found in radish.

METHODS

Systematic review of studies that examined nutrient and bioactive composition of radish. Studies were included if they 1) used samples of any part of radish (roots, leaves, sprouts, skin) or seeds and 2) evaluated nutrient and bioactive compounds.

OUTCOMES

63

STUDIES

The review found 63 high-quality studies, with 41 studies reporting information on concentrations of biochemical compounds.

Radish
Varieties
Studied



609

CHEMICAL COMPOUNDS

609 chemical compounds, grouped to 23 categories.

Main Reported Phytochemical Groups

- Flavonoids
- Non-flavonoid polyphenols
- Terpenes
- Lipids
- Glucosinolates

Overall Most Concentrated Components in Radish

- Carbohydrate
- Protein
- Fiber
- Glucosinolates
- Carboxylic acids
- Minerals (calcium, potassium)