

**A COMPARATIVES STUDY ON THE NUTRITIONAL AND ANTI –
NUTRITIONAL VALUES OF THE SEEDS OF *PIPER GUINEENSE*, *MONODORA
MYRISTICA* AND *OCIMUM GRATISSIMUM* AS POPULAR SPICES USED IN
SOUTH EASTERN NIGERIA**

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ABSTRACT

Chemical and anti-nutrient content of three seed spices commonly consumed in the South East of Nigeria was investigated using standard methods. Results reveal that the chemical and anti-nutritional composition of these edible Nigerian seed spices, *Piper guineense*, *Ocimum gratissimum* and *Monodora myristica*, are rich in protein, fat, fiber, and carbohydrate in the range of 6.23to 12.50%, 9.84 to 16.21%, 0.23 to 41.60% and 0.17 to 42.60% respectively. Antinutrients present include alkaloids 1.33 to 2.01%, flavonoids 0.15 to 1.87%, saponins 0.15 to 0.17%, HCN 0.16 -3.04%, Tannin 0.21 to2.50%, anthocyanins 0.16 to 0.31%. The present study therefore reveal the health and nutritional importance of the spices as commonly used in south eastern Nigeria.

Keywords: Seed, Spices, anti-nutrients, *Piper guineense*, *Monodora myristica* and *Ocimum gratissimum*.