



GC-MS Analysis of flesh oil and seed oil of Date Palm (*Phoenix dactilifera*): A comparison

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Abstract

Date palm (*Phoenix dactilifera*) is a highly nutritious fruit with a potential as a nutraceutical for the treatment of various health disorders including memory disturbances, fever, inflammation, paralysis and loss of consciousness. The present study was conducted to determine the nutritional components of the flesh, seed, flesh oil and seed oil of *Phoenix dactilifera*. The results show that the date palm seed has a moisture content of 11.88%, 8.89% of crude protein, 12.67% of crude fat, 9.58% of crude fiber, 3.79% of ash and 53.19% of carbohydrate. The date palm flesh contains 10.72% of moisture, 19.77% of crude protein, 15.21% of crude fat, 11.48% of crude fiber, 7.38% of ash and 35.44% of carbohydrate. Oil was extracted from the seed and flesh and the nutritional components were also determined. More oil was extracted from the seed (80%), while the percentage oil extracted from 500g of date flesh was 44%. Physicochemical properties that were determined from the oil of date seed were free fatty acid such as oleic acid (4.08%), peroxide value (60mg/g). For date flesh oil the free fatty acid was 4.94%, peroxide value 62.5mg/g.

Biography

Olusola Abiola Ladokun is a Professor of Nutritional Biochemistry in the Department of Biochemistry, Faculty of Sciences, Lead City University, Ibadan. She holds a PhD in Agricultural Biochemistry and Nutrition from the University of Ibadan, Ibadan, Nigeria. She is the current serving Dean of

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Publication

1. Fermented Milk Products from Different Milk Types Olusola Abiola Ladokun Lead City University, Nigeria
2. *In-silico* docking study of *Terminalia catappa* Linn as a potent anti-diabetic agent Olusola Abiola Ladokun Lead City University, Nigeria
3. Comparative study on the effects of aqueous extracts of *viscum album* (mistletoe) from three host plants on hematological parameters in albino rats Olusola Abiola Ladokun Lead City University, Nigeria

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