

Sodium, Potassium, Iron, Calcium and Phosphorus Content of Some Pakistani Condiments

Abstract

Macro-inorganic elements such as sodium, potassium, iron calcium and phosphorus were determined in condiments popularly used for preparation of routine meals in Pakistan by applying techniques like flame photometry, spectrophotometry and volumetric analysis. The largest amount of sodium and potassium was found to be present in medicago, while cinnamin leaves exhibited the smallest amount. Black pepper was found rich in iron and medicago was found rich in calcium. High phosphorus content was exhibited by parsley.

Keywords: *sodium, potassium, iron, calcium, phosphorus, condiments, Pakistan*