

Comparison of Amino Acids and Crude Protein by 11 kinds of Spring Greens

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Spring greens are all plants that sprout in the mountains and fields in spring. In other words, it means grass and herbaceous plants that break their hibernation and come up to the ground. Spring greens are said to be rich in vitamins and minerals, helping with eye, liver, and digestion, and recovering from spring fatigue. Spring greens are known to have immune, blood circulation, and detoxification effects as they contain special ingredients such as protein, beta-carotene, and allicin. In this study, we investigated 19 amino acids and crude proteins of 11 kinds of spring greens (Dallae (*Allium monanthum*), Naeng-I (*Capsella bursa-pastoris*), Bomdong (*Brassica rapa*), Chamjugnamusun (*Cedrela sinensis*), Gondalbi (*Ligularia stenocephala*), Gomchwi (*Ligularia fischeri*), Keil (*Brassica oleracea*), Deodeoksoon (*Codonopsis lanceolata*), Kkaes-ip (*Perilla frutescens*), Dorajisoon (*Platycodon grandiflorum*) Chamnamul (*Pimpinella brachycarpa*)). As a result, Chamjugnamusun had the highest protein and amino acid content (7.347 g/100 g 4.892g/100 g). Chamnamul had the lowest protein and amino acid content (1.752 g/100 g 1.093g/100 g). As a result of comparison between raw and blanched of 11 kinds of spring greens, essential amino acids and proteins were high in raw except for Bomdong and Gondalbi.