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Steaming and *sous-vide*: Effects on antioxidant activity, vitamin C, and total phenolic content of *Brassica* vegetables

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Abstract

The present study evaluated the effect of thermal processing on the colour, antioxidant activity, vitamin C content, and total phenols of six *Brassica* vegetables. The landrace Grelo was the best source of total phenols (162.7 ± 3.5 mg/100g; $p < 0.05$). Cavolo Nero di Toscana, also known as “black cabbage”, showed the highest content of vitamin C, calculated as 290.6 mg/100g ($p < 0.05$). The concentration of total antioxidants, phenols,

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