<https://pubs.acs.org/doi/10.1021/acs.jafc.9b01524> (table 5)

|  | GR2E | | control | |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| component | mean | range | mean | range | *P* value | Lit. range |
| Vitamins (mg/kg DB) | | | | | | |
| thiamine (B1) | 3.13 | (2.33–3.77) | 3.08 | (2.35–3.81) | 0.634 | 2.35–6.25 |
| niacin (B3) | 36.9 | (23.4–58.3) | 32.6 | (20.2–48.8) | 0.417 | 20.2–65 |
| pantothenic acid (B5) | 9.15 | (7.31–11.9) | 9.13 | (7.22–11.4) | 0.929 | 7.22–14.0 |
| pyridoxine (B6) | 2.72 | (2.22–3.3) | 2.75 | (2.1–5.42) | 0.919 | 2.1–8.0 |
| folic acid (B9) | 0.91 | (0.56–2.56) | 0.88 | (0.39–1.54) | 0.881 | 0.39–1.54 |
| α-tocopherol | 2.98 | (2.47–3.87) | 2.75 | (2.1–3.5) | 0.336 | 2.1–23 |
| Carotenoids (mg/kg DB) | | | | | | |
| β-cryptoxanthin | 0.31 | (0.23–0.46) | *<*[LOQ](https://pubs.acs.org/doi/10.1021/acs.jafc.9b01524" \l "tbl5-fn1) |  |  |  |
| *all*-*trans*-α-carotene | 0.71 | (0.35–1.32) | *<*LOQ |  |  |  |
| *all*-*trans*-β-carotene | 3.57 | (1.96–7.31) | *<*LOQ |  |  |  |
| 9′-*cis*-β-carotene | 0.76 | (0.5–1.32) | *<*LOQ |  |  |  |
| total carotenoids | 5.88 | (3.5–10.9) | *<*LOQ |  |  |  |
| Antinutrients | | | | | | |
| phytic acid (%DB) | 0.86 | (0.58–1.1) | 0.88 | (0.61–1.23) | 0.622 | 0.6–1.23 |
| trypsin inhibitor (TIU/mg) | 0.92 | (0.28–1.71) | 1.0 | (0.03–4.17) | 0.828 | 0.03–4.17 |