

Quantitative Estimation of Some Essential Minerals in the Seeds of *Cucurbita maxima*

Abstract: The quantitative estimation of some important minerals like Fe, Cu, Zn, Na, K and Ca, in the seeds of Cucurbita maxima and comparison of the mineral content with some well-known nuts have been made. The seeds were collected from different localities in West Bengal. From the data obtained it may be concluded that these seeds are a good source of Fe, Zn and K and a fair source of Cu and Ca which are essential for maintaining our normal body functions.
