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# A Comparative Study of Iron Bioaccessibility and Antinutrient Levels in *Hibiscus sabdariffa* (Roselle) Leaves and Calyces and *Persea americana* (Avocado) Leaves and Seeds: Nutritional Implications

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## Abstract

### Objective

To compare iron bioaccessibility (availability for absorption) and antinutrient levels in Roselle leaves and calyces and Avocado leaves and seeds in fresh and dry forms.

### Methods

The iron content and nutrients linked to its metabolism such as protein, vitamin C, and betacarotene and iron absorption inhibitors such as calcium and antinutrients (total phenolic compounds, phytates, oxalates

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