

## Morphological and Biochemical Characteristics of Different Varieties of Snap Beans

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### ABSTRACT

Snap bean (*Phaseolus vulgaris* L.) is a warm-season plant, which is originated from Andes and Mesoamerica. There are wide range of morphological and biochemical characteristics in snap bean varieties. Snap bean is harvested for its green pods. The pods are a valuable source of dietary protein, essential vitamins, low-calorie carbohydrates, fiber, and minerals for human health. The evaluation of eight different snap bean varieties, namely, 'Pirbakran', 'Sunray', 'Burpees', 'Valentine', 'Dragon', 'Kentucky', 'Cherokee', and 'Id-Market' for their cultivation and nutritional value illustrated that *P. vulgaris* var. Burpees' had higher carotenoid (56%), antioxidant (16%), and phenolic compound (69%) than the popular commercial variety 'Pirbakran'. Folate content was 33%, and total essential amino acids were 20.6% higher than 'Pirbakran', while the pole type 'Kentucky' showed better vegetative and pod yield indices. Additionally, 'Burpees' had the highest calcium content, which was almost 40% higher than the other varieties and two times higher in Zn compared to 'Valentine' and 'Kentucky'. In conclusion, 'Burpees' can be recommended based on its high productivity in terms of vegetative growth and pod yield, and nutraceutical values, including folate and total essential amino acids, compared to the other seven varieties.

**Keywords:** Endemic varieties, Folate content, Nutraceutical value, *Phaseolus vulgaris*, Pulse.

### INTRODUCTION

Snap bean (*Phaseolus vulgaris* L.) is a member of the Fabaceae family. Snap bean is the most commonly consumed legume worldwide (Duranti, 2006). The wild *P. vulgaris* has a Mesoamerican origin, and since its expansion, it has become distributed from northern Mexico to northwestern Argentina (Bellucci *et al.*, 2014). Many types of *Phaseolus* exist in the web-based European Search Catalogue for plant genetic resources. The *P. vulgaris* is a domesticated gene pools that originated from Mesoamerica and the Andes (Pipan and Meglic, 2019). The morphological characteristics of *P. vulgaris* was relevant to its origin center, for example, big seed size was reported for Andean and

mostly small seeds for Mesoamerican group genotypes (Pipan *et al.*, 2019). Globally, there are many varieties of snap bean. Many are very similar, while others have unique textures, colors, and flavors. Snap beans can be divided into two main categories, namely, poles and bushes, although some varieties are available in both pole and bush types. The bush types produce pods for a shorter period while the pole beans need a support structure and produce pods continually (Bellucci *et al.*, 2014). Snap bean grown and used in disparate regions of the world, and are a major source of protein in human diets (20–25%). It is a popular crop for its various benefits including its richness in proteins, carbohydrates, minerals, antioxidants and fiber (Aslani and Souri, 2018; Blair *et al.*, 2012). Snap beans

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are a significant source of  $\beta$ -carotene (provitamin A), thiamin ( $B_1$ ), riboflavin ( $B_2$ ), niacin, pyridoxine ( $B_6$ ), pantothenic acid, folic acid, ascorbic acid, and vitamin E and K (Celmeli *et al.*, 2018; Prodanov *et al.*, 2004). Its production and consumption is increasing, particularly in developing countries, due to its various health promoting effects including reducing the risk of cardiovascular diseases, fatness, diabetes type II, and cancer (Mojica and DeMejia, 2015).

The taste and nutrient values of vegetables are highly relevant to their chemical combination (Naiji and Souri, 2018; Balisteiro *et al.*, 2013). Snap bean consumer flavor acceptance is remarkably related to sugar and organic acid contents (Vanden Langenberg *et al.*, 2012). Iranian consumers prefer high sugar content and tenderness for snap bean pods (Yolmeh and Najafzadeh, 2014). Folate is involved in biosynthesis of different important metabolites including Deoxyribonucleic Acid (DNA), Ribonucleic Acid (RNA), and certain amino acids, particularly methionine biosynthesis systems (Cirdar *et al.*, 2012; Wagner, 1995). Legumes have a great amount of natural folate that plays an important role in one-carbon metabolism as a co-enzyme in human. Insufficient dietary folate in the human diet was suggested as a possible risk for megaloblastic anemia and neural tube defects such as spina bifida and anencephaly (Blancquaert *et al.*, 2010). The plant growth performance is mainly associated with its genetic background, environmental conditions and cropping managements (Hatamian *et al.*, 2020; Ahmadi and Souri, 2019). The growth, yield and quality of bean pods are also different among varieties and climatic conditions (Farhadi *et al.*, 2013).

Iran is the main snap bean producer in the Middle East, with over 6,000 ha in the production area and more than 61,000 tons of crop yield (FAO, 2016). In Iran, about 4.7% people were undernourished (FAO, 2019). Rich food crops with high nutrient values could reduce deficiencies of micronutrients. Therefore, snap beans are used as a consistence solution for global health issues

(Campos-Vega *et al.*, 2010). Snap beans have a high range of nutritional values required for human nutrition. Moreover, Iran has a proper situation for snap bean cultivation, such that it could be cultivated as an inexpensive source to reduce malnutrition in Iran.

There is no study available in the literature concerning comparison of Iranian varieties of snap with worldwide varieties. Grower in Iran are faced with low pod yield production and cultivation problems such as compact bush in 'Pirbakran' variety. On the other hand, foreign snap bean varieties have demonstrated high versatility and diversity for different environmental conditions. The goal of the present study was to evaluate different varieties of snap bean from different parts of the world for their yield and chemical composition compared with Iranian variety, as well as their nutritional characteristics, in order to determine more-efficient varieties for Iran.

## MATERIALS AND METHODS

### Data Collection

The study was conducted at the experimental greenhouse of the Isfahan University of Technology with 12 commercially important snap bean varieties in the pre-test. The characteristics of the beans are presented in Table 1. The most famous variety of Iran, namely, 'Pirbakran' and the worldwide popular variety, 'Sunray', were included in the study. The other varieties used were as follows: 'Cherokee', 'Valentine', 'Kentucky bush', 'Empress', 'Burpees', 'Dragon', 'Fine', 'Kentucky', 'Climbing-Fr', 'Id-Market', and 'Empress'. Seeds were provided from Iran (Tehran Seed Bank and Seed Savers Exchange Company) and USA Decorah, Iowa. After the pre-test analysis, seeds of eight varieties, namely, 'Pirbakran', 'Sunray', 'Cherokee', 'Valentine', 'Kentucky', 'Dragon', 'Id-Market' and 'Burpees' were chosen according to time to flower emergence, pod emergence, leaf emergence, internode length,

shoot fresh weight, shoot dry weight, shoot length, pod diameter and number, yield, pods weight, tenderness and pod color as the parameters used for the pre-test selection.

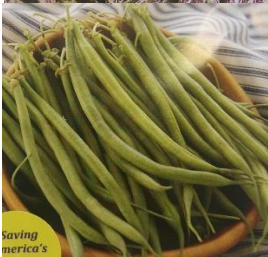
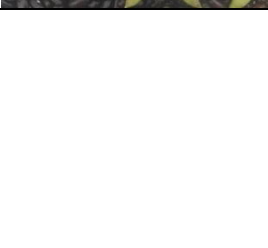
**Table 1.** *P. vulgaris* characteristics which was used in the pre-test.

| Number | Name                                                            | Characteristics known yet                                                                                                         | Figures                                                                               |
|--------|-----------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| 1      | <i>P. vulgaris</i> var. Pirkakran, 'Pirkakran'                  | Mostly cultivated in Isfahan, good quality, bush habit.                                                                           |    |
| 2      | <i>P. vulgaris</i> var. Sunray, 'Sunray'                        | Mostly cultivated as a foreign variety in Iran, stringless pods, bush habit.                                                      |    |
| 3      | <i>P. vulgaris</i> var. Empress organic, 'Empress'              | Introduced in 1979, favorable taste, long stringless pods, bush habit.                                                            |   |
| 4      | <i>P. vulgaris</i> var. Black valentine, 'Valentine'            | Introduced in 1897, shiny black seed in 6-inch pods, bush habit, cold temperature tolerance, dual purpose for fresh and dry bean. |  |
| 5      | <i>P. vulgaris</i> var. Kentucky wonder bush, 'Kentucky bush'   | Crispy stringless pods, high yield, bush habit.                                                                                   |  |
| 6      | <i>P. vulgaris</i> var. Burpees stringless green pod, 'Burpees' | Introduced in 1894, green, 5-inch pods, stringless, bush habit.                                                                   |  |

Table 1 is continued:



Continued Table 1.

| Number | Name                                                           | Characteristics known yet                                                                                              | Figures                                                                                                                                                                     |
|--------|----------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 7      | <i>P. vulgaris</i> var. dragon tongue, 'Dragon'                | Large 6-8-inch cream colored pods with purple stripes, pods are stringless, crispy, and juicy, bush habit, high yield. |                                                                                          |
| 8      | <i>P. vulgaris</i> var. Fine de bangol, 'Fine'                 | Old French string bean, cold soil resistance, round slender pods, bush habit.                                          | <br> |
| 9      | <i>P. vulgaris</i> var. Kentucky wonder pole, 'Kentucky'       | Known in 1864, high quality, pole habit.                                                                               |                                                                                        |
| 10     | <i>P. vulgaris</i> var. Climbing French organic, 'Climbing-Fr' | Known from 1931, stringless pods, pole habit.                                                                          |                                                                                        |
| 11     | <i>P. vulgaris</i> var. Ideal market, 'Id-market'              | Known from 1914, very early and productive 5-inch pods, stringless, fine texture, pole habit.                          |                                                                                        |
| 12     | <i>P. vulgaris</i> var. Cherokee trail of tears, 'Cherokee'    | Introduced in 1977, stringless dark green pods, pole habit.                                                            |                                                                                        |

### Experimental Method

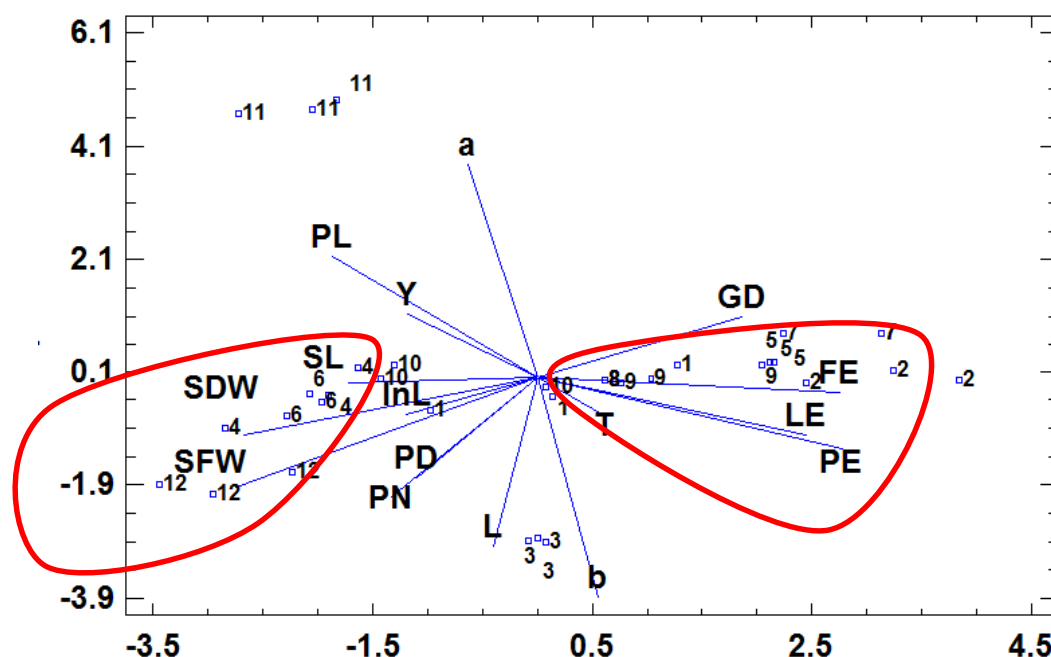
The seeds of the eight mentioned varieties were used for hydro-priming with distilled water for 24 hours. The experimental design was a completely randomized design with three replicates and two plants per replicate. After priming, seeds were sown in plastic pots with 28.5 cm height and 23 cm diameter containing 7 kg soil and grown from September to November 2017. The soil characteristics are shown in Table 2. The distance between pots was 20 cm. Overall, 24 pots were used. During the cultivation, plants were uniformly irrigated every two days. No fertilizer or pesticide was used. The day temperature varied from 24 to 28°C, and relative humidity ranged from 75 to 85%

inside the greenhouse. Pole varieties had cotton strings protector during three-month experiments. Pods were harvested from November 16<sup>th</sup> to 23<sup>rd</sup>.

In the main study, shoot fresh and dry weight, yield per bush, greenness index, total chlorophyll, carotenoid, antioxidant activity, phenolic compound, protein, sugar, starch, folate, total sulfur amino acids, total aromatic amino acids, total essential amino acids, total non-essential amino acids, total amino acids, potassium, calcium, magnesium, iron, zinc, and copper contents were measured as the characteristics for the quality analysis. The results of the pre-test are presented in Figure 1.

**Table 2.** Some characteristics of pot soil

| EC (ds/m) | pH  | N (%) | P (%) | K (%) | Zn (mg/kg) |
|-----------|-----|-------|-------|-------|------------|
| 5.3       | 7.6 | 0.08  | 123   | 414   | 3.8        |



**Fig 1.** Pretest biplots analysis of interaction of varieties and different characteristics of snap beans. 1: Pirbakran, 2: Sunray, 3: Empress 4: Cherokee, 5: Black valentine, 6: Dragons, 7: Kentucky bush, 8: Climbing-Fr, 9: Kentucky, 10: Burpees, 11: Fine, and 12. Id-market (FE: Flower Emergence, PE: Pod Emergence, LE: Leaf Emergence, PD: Pod Dimeter, PN: Pod Number, SFW: Shoot Fresh Weight, SDW: Shoot Dry Weight, SL: Shoot Length, Y: (Yield) Pods weight, InL: Internode length, T: Tenderness, Lab: Color parameters). Eight selected varieties included: 1: Pirbakran, 2: Sunray, 4: Cherokee, 5: Black valentine, 6: Dragons, 9: Kentucky, 10: Burpees, and 12: Id- market.

### Observations

The following observations were recorded in the pre-test for 14 varieties: pod number, plant yield, flower, and pod emergence defined as the most critical characteristics that influence total yield. Eight varieties ('Sunray', 'Dragon', 'Cherokee', 'Burpees', 'Kentucky', 'Valentine', and 'Id-Market') were selected according to the Principal Component Analysis (PCA), as in Figure 1, and used in this experiment. Nutritional and biochemical characteristics including pod number and pods weight per plant, shoot fresh and dry weights, total chlorophyll, carotenoid, antioxidant activity, phenolic compound, protein content, amino acids, nutrient elements, sugar, and starch contents of the selected eight varieties were determined.

### Plant Yield and Shoot Weight

Pods were harvested when 50% had fully developed seeds (mid seed fill). Shoot fresh and dry weights were also estimated at 90 days after seed cultivation from September 1, 2017. Dry weight was calculated after 48 hours of drying in an oven (Memert, Type. Inb400, Germany) at 70°C. Pod number×Pod weight= Yield per bush was recorded.

### Greenness Index

Chlorophyll meter (SPAD-502 plus, Japan) was used to measure the greenness index (SPAD value) from the adult leaves of the plant. For this purpose, from each plant, three readings were performed on three separate leaves (a total of 9 readings per replicate); then, the average was recorded.

### Pod Pigments

Pods chlorophyll content was analyzed following Croft *et al.* (2020). One gram of fresh pods was mixed with 10 mL acetone

solution (70%). Pods pulps removed from the solution and the obtained supernatant was utilized for total chlorophyll and carotenoid content determination by recording the absorbance at 470, 645, and 663 nm with a UV visible spectrophotometer (UV 160A-Shimadzu Corp., Kyoto, Japan). Chlorophyll a, b, total chlorophyll contents, and carotenoid were estimated as follows:

Chl a:  $12.7(A_{663}) - 2.69(A_{645}) V/W \times 1000$

Chl b:  $22.9(A_{645}) - 4.68(A_{663}) V/W \times 1000$

Total Chl (mg g<sup>-1</sup> Dw) = (Chl a + Chl b)

Carotenoid =  $100(A_{470}) - 3.27(\text{mg Chl a}) - 104(\text{mg Chl b})/227$

Where, A= absorbance, V= Volume of solution, W= Weight of pod sample.

### Determination of Sugar

Two-gram of each sample weighted and extracted two times in 5 ml of 80% ethanol. The solution was centrifuged at 8000×g for 10 minutes at room temperature. After that, for estimating sugar content obtained supernatant was used, and the dried pellet was used for starch analysis. Total sugar was estimated using 5 ml supernatant with a visible spectrophotometer (UV 160A-Shimadzu Corp., Kyoto, Japan) at 620 nm wavelength following Chow and Landhuasser (2004).

### Starch

The dry pellet left out from total sugar extraction was suspended in 5 mL 30% perchloric acid, and the contents were mixed well with a shaker for 20 minutes. The solution was centrifuged at 10,000×g with 5 mL of distilled water for 10 minutes. The supernatant was separated, and the solution volume adjusted on 10 mL with distilled water. The mixture was incubated at 4°C temperature for 5 minutes and then transferred to a boiling water bath for 5 minutes. The mixture temperature was cooled down to room temperature, then, the starch

content absorbance from the solution was recorded at 620 nm (Awais *et al.*, 2020).

#### Extraction and Determination of Phenolic Compound

Five g of the fresh pods were extracted in 10 mL of methanol (80%). The mixtures were centrifuged for 7 minutes at 12,000×g at 4°C. The supernatant was filtered and transferred to a vial. The phenolic compound of the extracts was assessed using the Folin–Ciocalteu phenol reagent method (Singleton and Rossi, 1995). The extracts were mixed with 2 mL sodium carbonate (7.5%) and 2.5 mL Folin (1:9) and remain at 40°C for 30 minutes before recording the absorbance at 765 nm with a spectrophotometer (UV 160A-Shimadzu Corp., Kyoto, Japan). The blank sample was a mixture of water and reagents. The same procedure was repeated with different gallic acid solutions to obtain a standard curve. The phenolic compound was expressed as gallic acid equivalents in mg 100 g DW (Dry Weight) (Phuyal *et al.*, 2020).

#### Amino Acid Profiles Determination

The High-Performance Liquid Chromatography (HPLC) (Unicam Crystal 200 HPLC system, Porto e Região, Portugal) was used for amino acids identification and quantification of pods. In an ampoule, which contained 10 mg of phenol (for protection of tyrosine) and 6 M HCl samples were hydrolyzed at 110°C for 24 hours. The mixture was diluted with 100 mL of citrate buffer and sulfur-containing amino acids. After pre-hydrolysis, oxidation with performic acids cysteine and methionine were estimated (Bradford, 1976), using HPLC equipped with MD-1510 Diode-array detector and set to 263 nm ( $\lambda_{max}$ ). The samples were injected with a 20  $\mu$ L loop using a 7125 valve (Rheodyne, Cotati, California) onto a Purospher RP-18 column and operated at 25°C with a flow rate of 1.0 mL min<sup>-1</sup> using 50 mM acetate buffer (pH

4.2) as eluent A and acetonitrile as eluent B. The amino acid content within the 100 g of pods was compared with the amino acid content in snap bean according to the culinary and technological processing method (Yu *et al.*, 2002).

#### Antioxidant Capacity

Antioxidant activity was measured in the pods (Yang *et al.*, 2013). Three g of the pods were weighted and dissolved inside 5 mL methanol stock (80%), and 1.4 mL of this solution was blended with 0.6 mL of 2, 2-Diphenyl-1-Picrylhydrazyl (DPPH) solution. The mixture was kept for 30 minutes at room temperature, then, the absorbance of the sample was recorded at 515 nm with a spectrophotometer (UV 160A-Shimadzu Corp., Kyoto, Japan) methanol stock (80%) and used as a blank.

#### Folate Analysis

Six g of the pod was homogenized with 20 mL of extraction buffer (0.1M phosphate buffer at pH 6.0 containing 2% sodium ascorbate and 0.1% 2-mercaptoethanol). The mixture was immediately cooled, and the pH of the extracts was adjusted to pH 4.9 with acetic acid and 3 mL of Conjugase (EC 3.4.19.9:  $\gamma$ -glutamyl hydrolase) was purchased from Sigma (MFCD00130719) for enzymatic hydrolyses. The sample extracts were divided into equal volumes in separate tubes, and liquid nitrogen was added to each of them. All analyses were performed using a Unicam, crystal-200 HPLC system (Porto e Região, Portugal) equipped with a quaternary gradient pump and an auto-sampler). An analytical column consisting of LiChrospher 100 RP-18, 125×4.0 mm, 5 mm (Merck, Darmstadt, Germany) with a matching guard column (4×4.0 mm, 5 mm) was tested for separation of folates (Jelena *et al.*, 2003).



## Protein Content

Using liquid nitrogen, the ground pods were subjected to homogenization in a 50 mM Tris buffer (pH 6.7). The solution was homogenized at 10,000×g and 4°C; the collection of the supernatant was done and kept at the temperature of 20°C. By applying the Bradford method and specifying the absorption capacity of the leaves at the wavelength of 595 nm, through employing the UV-vis spectrophotometer (UV 160A-Shimadzu Corp., Kyoto, Japan), the protein level was measured and compared with the standard curve (Bradford *et al.*, 1976).

## Nutrients Analysis

In order to prepare dry ash, 0.5 g of dried pods were exactly weighed before heating at 350°C for 4 hours. The obtained ash samples were digested with 10 mL 2N hydrochloric acid and then the digested mixture was heated up on an electric hot plate at 90°C until the white fume evaporated. The residue was filtered and the solution volume adjusted to 100 mL with distilled-water. The extraction was used for ICP (Inductively Coupled Plasma–Atomic Emission Spectrometer) (Perkin Elmer, Optima 7300 DV, Incheon, South Korea) nutrient determination (Salwa *et al.*, 2013).

## Experimental Design and Statistical Analysis

The experiment was conducted in a completely randomized design with three replications. Eight pods were used to determine each parameter. Data were analyzed statistically using Statgraphics (Centurion XVII) and Statistix (Ver.8.0). Plants were compared using Analysis Of Variance (one-way ANOVA) at  $P \leq 0.05$ . The ANOVA table is presented in Tables 3, 4, and 5.

## RESULTS

There was significant difference among varieties for yield and pod weight, which was higher in pole crops compared to bush types. There was no significant difference between pole and bush beans in terms of shoot dry and fresh weight, yield, and leaf greenness. The highest shoot fresh and dry weights were recorded in ‘Kentucky’ and shoot dry weight was highest in ‘Burpees’. Yield and greenness were highest in ‘Burpees’ (Table 6).

Carotenoids were higher in the bush crops compared to the pole varieties. The highest chlorophyll content, carotenoid, antioxidant activity, starch, and sugar were found in ‘Burpees’ compared to the other varieties. ‘Kentucky’ showed highest protein content. There was no considerable difference between the other seven varieties in the parameters mentioned above, except for antioxidants. ‘Valentine’ showed the lowest pod antioxidant content among all varieties (Table 7).

Folate was higher in ‘Burpees’, ‘Valentine’, and ‘Sunray’, and was lower in ‘Dragon’ and ‘Pirbakran’. The highest total amino acid was recorded in ‘Dragon’, ‘Valentine’ and ‘Burpees’, and the lowest in ‘Cherokee’. The amino acids in ‘Dragon’ and ‘Burpees’ were dominated by both essential and non-essential amino acids and sulfur amino acids. The high total amino acids in ‘Valentine’ was mainly due to essential amino acids and sulfur amino acids. Aromatic amino acids were highest in ‘Pirbakran’ alone compared to the other seven varieties (Table 8). There was no difference between pole and bush beans in amino acid levels (data not shown).

Potassium concentration in ‘Cherokee’, and calcium concentration in ‘Burpees’ was highest. Magnesium and iron were highest in ‘Kentucky’, ‘Valentine’, ‘Burpees’ and ‘Dragon’. Zinc and copper were highest at ‘Valentine’, ‘Burpees’, and ‘Kentucky’ (Table 9).



**Table 6.** Growth characteristics and greenness index of eight *P. vulgaris* varieties.<sup>a</sup>

|             | Shoot fresh weight (g) | Shoot dry weight (g) | Pod weight (g pod <sup>-1</sup> ) | Yield (g bush <sup>-1</sup> ) | Greenness index (SPAD value) |
|-------------|------------------------|----------------------|-----------------------------------|-------------------------------|------------------------------|
| Sunray      | 6.84 cd                | 1.6 d                | 6.35 bc                           | 19.05 d                       | 26.6 a                       |
| Pirbakran   | 13.65 b                | 2.94 bc              | 8.45 ab                           | 38.03 b                       | 18.40 cd                     |
| Dragon      | 12.19 bc               | 2.43 cd              | 8.49 ab                           | 33.97 bcd                     | 21.6 b                       |
| Valentine   | 10.86 bcd              | 2.16 cd              | 10.09 a                           | 30.27 bcd                     | 14.76 d                      |
| Burpees     | 7.85 d                 | 3.52 ab              | 4.90 bc                           | 19.63 cd                      | 25.93 a                      |
| <b>Bush</b> | <b>9.88 A</b>          | <b>2.55 A</b>        | <b>7.65 A</b>                     | <b>28.19 A</b>                | <b>19.57 A</b>               |
| Kentucky    | 21.2 a                 | 4.45 a               | 6.46 bc                           | 58.21a                        | 21.7 b                       |
| Cherokee    | 8.78 bcd               | 1.91 cd              | 4.07 c                            | 24.46 bcd                     | 17.3 c                       |
| Id-Market   | 12.61 bc               | 2.85 bc              | 5.85 bc                           | 35.12 bc                      | 19.73 bc                     |
| <b>Pole</b> | <b>14.19 A</b>         | <b>3.07 A</b>        | <b>5.46 B</b>                     | <b>39.26 A</b>                | <b>21.32 A</b>               |

<sup>a</sup> Means were different in each column were significant at 5% of LSD. The uppercase and bold letter show the main difference between pole and bush snap beans at 5% of LSD.

**Table 7.** Biochemical characteristics of pods in different *P. vulgaris* varieties.<sup>a</sup>

|             | Total chlorophyll (mg 100 g Dw) | Carotenoid (mg 100 g DW) | Antioxidant activity (mg 100 g DW) | Phenolic compound (mg 100 g DW) | Protein content (mg 100 g DW) | Sugar (g 100 g DW) | Starch (g 100 g DW) |
|-------------|---------------------------------|--------------------------|------------------------------------|---------------------------------|-------------------------------|--------------------|---------------------|
| Sunray      | 12.54 b                         | 23.72 d                  | 33.17 c                            | 29.76 bc                        | 6.84 cd                       | 15.11 b            | 0.13 ab             |
| Pirbakran   | 20.517 b                        | 45.02 c                  | 36.78 b                            | 14.20 c                         | 13.65 b                       | 16.50 ab           | 0.12 bc             |
| Dragon      | 3.1694 b                        | 16.94 d                  | 36.14 b                            | 23.68 bc                        | 12.19 bc                      | 13.39 bc           | 0.08 bc             |
| Valentine   | 17.350 b                        | 81.54 b                  | 23.93 e                            | 31.28 abc                       | 10.86 bcd                     | 10.36 c            | 0.09 bc             |
| Burpees     | 53.058 a                        | 104.02 a                 | 44.17 a                            | 46.02 a                         | 5.85 d                        | 19.28 a            | 0.16 a              |
| <b>Bush</b> | <b>21.32 A</b>                  | <b>54.25 A</b>           | <b>34.84 A</b>                     | <b>28.99 A</b>                  | <b>4.42 A</b>                 | <b>14.93 A</b>     | <b>0.11 A</b>       |
| Kentucky    | 10.92 b                         | 28.27 cd                 | 31.05 d                            | 40.72 ab                        | 21.20 a                       | 0.4 d              | 0.11 bc             |
| Cherokee    | 15.292 b                        | 22.19 d                  | 36.04 b                            | 23.57 bc                        | 8.78 bcd                      | 0.25 d             | 0.07 c              |
| Id-Market   | 19.518 b                        | 25.69 d                  | 35.91 b                            | 16.67 c                         | 12.61 bc                      | 0.32 d             | 0.09 bc             |
| <b>Pole</b> | <b>15.24 A</b>                  | <b>25.38 B</b>           | <b>34.33 A</b>                     | <b>26.99 A</b>                  | <b>3.58 A</b>                 | <b>0.32 B</b>      | <b>0.094 A</b>      |

<sup>a</sup> Means were different in each column were significant in 5% of LSD. The uppercase and bold letter showed the main difference between pole and bush snap beans in 5% of LSD.

**Table 8.** Folate and amino acids profile (in mg 100 g<sup>-1</sup> fresh pods) of different *P. vulgaris* varieties.<sup>a</sup>

|                                 | Sunray  | Pirbakran | Dragon   | Valentine | Burpees  | Kentucky  | Cherokee | Id-Market |
|---------------------------------|---------|-----------|----------|-----------|----------|-----------|----------|-----------|
| Folate (mg L <sup>-1</sup> )    | 50.42 a | 33.71 c   | 36.55c   | 51.32 a   | 50.54 a  | 48.33 ab  | 43.09 b  | 41.14 b   |
| Total Sulfur amino acids        | 20.06 b | 23.9 b    | 31.39 a  | 24.56 ab  | 25.86 ab | 25.23 ab  | 15.03 c  | 27.25 a   |
| Total aromatic amino acids      | 8.02 d  | 15.48 a   | 9.86 d   | 10.72 c   | 9c       | 12.68 b   | 11.08 bc | 13.97 b   |
| Total essential amino acids     | 9.48 ab | 9.24 ab   | 11.63 ab | 12.18 a   | 13.14 a  | 10.18 b   | 7.62 c   | 10.14 b   |
| Total non-essential amino acids | 77.81 c | 82.88 b   | 92.12 a  | 88.91 b   | 91.28 a  | 87.23 b   | 71.88 c  | 84.01 b   |
| Total amino acids               | 115.37b | 131.5 ab  | 145 a    | 136.37 a  | 139.78 a | 135.32 ab | 105.61 b | 135.37 ab |

<sup>a</sup> Means were different in each row were significant in 5% of LSD.

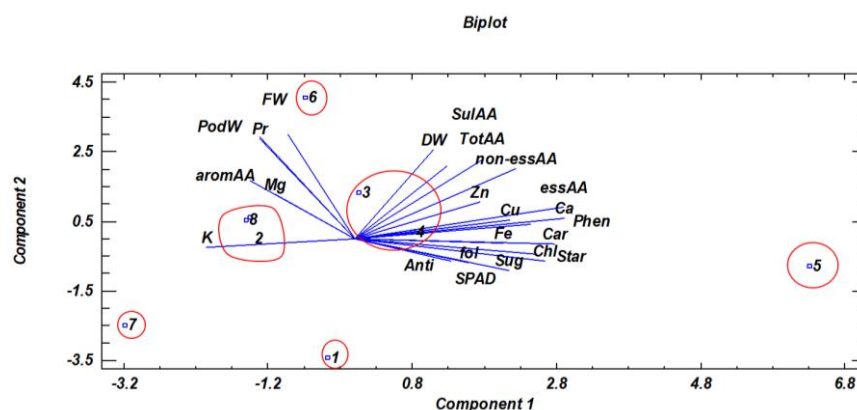
**Table 9.** Selected nutrient elements of pods in different *P. vulgaris* varieties.<sup>a</sup>

|           | K (kg DW <sup>-1</sup> ) | Ca (kg DW <sup>-1</sup> ) | Mg (kg DW <sup>-1</sup> ) | Fe (kg DW <sup>-1</sup> ) | Zn (kg DW <sup>-1</sup> ) | Cu (kg DW <sup>-1</sup> ) |
|-----------|--------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|
| Sunray    | 12.71 bc                 | 5.23 c                    | 12.72 b                   | 0.582 ab                  | 0.346 b                   | 0.043 c                   |
| Pirbakran | 11.002 c                 | 7.65 bc                   | 11.82 b                   | 0.266 b                   | 0.22 b                    | 0.173 b                   |
| Dragon    | 14.63 b                  | 9.08 b                    | 19.7 a                    | 0.728 a                   | 0.315 b                   | 0.193 b                   |
| Valentine | 10.94 c                  | 6.06 c                    | 15.11 ab                  | 0.72 a                    | 0.736 a                   | 0.21 a                    |
| Burpees   | 7.0.29 d                 | 15.33 a                   | 19.93 a                   | 0.654 a                   | 0.775 a                   | 0.351 a                   |
| Kentucky  | 15.41 b                  | 8.3 b                     | 21.96 a                   | 0.452 ab                  | 0.87 a                    | 0.181 ab                  |
| Cherokee  | 20.39 a                  | 5.84 c                    | 11.72 b                   | 0.334 b                   | 0.453 b                   | 0.144 b                   |
| Id-Market | 7.37 d                   | 5.38 c                    | 10.8 b                    | 0.245 b                   | 0.207 b                   | 0.119 b                   |

<sup>a</sup> In each column, means with at least one common letter are not statistically different at 5% of LSD test.

In 'Id-market' and 'Pirbakran' varieties shoot fresh weight, yield, protein content, magnesium, potassium, and aromatic amino acids content parameters were related together. 'Dragon' and 'Valentine' varieties showed higher biochemical characteristics such as: zinc, folate, essential amino acids, antioxidants, and phenolic compounds. The

'Kentucky' shoot fresh weight was higher than other evaluated varieties. 'Cherokee', 'Burpees', and 'Sunray' were out of assessment parameters. Particularly, 'Burpees' demonstrated better biochemical characteristics such as nutrient elements, amino acids, antioxidant activity, phenolic compound and folate content (Figure 2).

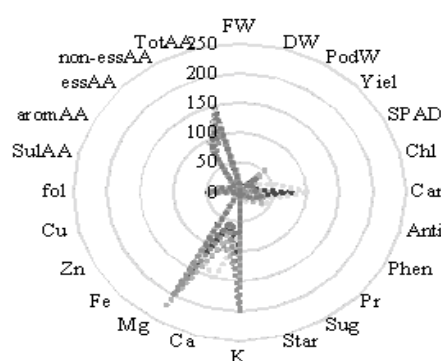


**Figure 2.** Biplot analysis of all the evaluated parameters in eight snap bean varieties. 1: 'Sunray', 2: 'Pirbakran', 3: 'Dragon', 4: 'Valentine', 5: 'Burpees', 6: 'Kentucky', 7: 'Cherokee', 8: 'Id-market'. Shoot Fresh (FW) and Dry Weight (DW), mean Pod Weight per bush (Pod W), greenness index (SPAD), total Chlorophyll (Chl), carotenoid (car), Antioxidant activity (Anti), Phenolic compound (Phen), Protein content (Pr), Sugar (Sug), Starch (Star), folate (fol), total Sulfur Amino Acids (Sul AA), total aromatic Amino Acids (arom AA), total essential Amino Acids (ess AA), total non-essential Amino Acids (non-ess AA), total Amino Acids (tot AA), K, Ca, Mg Fe, Zn and Cu.

All evaluated varieties were rich in potassium, magnesium, and total amino acids. Moreover, 'Burpees' variety was richer for calcium, and carotenoid content

compared with other varieties. Furthermore, folate and phenolic compound content were considerable in snap bean pods, which were not affected by varieties (Figure 3).

\*\*\*\*\* Sunray  
\*\*\*\*\* Pirbakran  
\*\*\*\*\* Dragon  
\*\*\*\*\* Valentine  
\*\*\*\*\* Burpees  
\*\*\*\*\* Kentucky  
\*\*\*\*\* Cherokee  
\*\*\*\*\* Id Market



**Figure 3.** Spider graph of a comparison between varieties and growth, yield and quality components. Shoot Fresh (FW) and Dry Weight (DW), mean Pod Weight (Pod W), yield per bush (Yield), greenness index (SPAD), total Chlorophyll (Chl), carotenoid (car), Antioxidant activity (Anti), Phenolic compound (Phen), Protein content (Pr), Sugar (Sug), Starch (Star), folate (fol), total Sulfur Amino Acids (Sul AA), total aromatic Amino Acids (arom AA), total essential Amino Acids (ess AA), total non-essential Amino Acids (non-ess AA), total Amino Acids (tot AA), K, Ca, Mg Fe, Zn and Cu.



## DISCUSSION

The results revealed that the vegetative growth parameters varied amongst the different snap bean varieties. Vegetative growth is generally associated with yield and quality production in agricultural crops and within the varieties (Souri and Hatamian, 2019; Tohidloo *et al.*, 2018). Increased vegetative growth among the varieties can be ascribed to the role of their genetic differentiation, which may allow higher plant capacity to uptake more nutrients from the soil, higher photosynthetic surfaces and, therefore, better crop performance (Saleh *et al.*, 2018). In the present study, 'Kentucky', as a pole variety and 'Burpees' as a bush variety, showed the highest shoot fresh and dry weight and also higher pod yield. Based on the grower cultivation condition and their purpose, 'Burpees' and 'Kentucky' varieties were preferred. Similar to the present study, previous researches indicated that growth and productivity of snap bean were affected by genetic (Arumugam *et al.*, 2010) as well as by environmental factors and fertilization practices (Souri *et al.*, 2018; Souri and Aslani, 2018). Leaf greenness index is a sign of leaf chlorophyll, which is also related to photosynthesis. Higher leaf chlorophyll content is explained with high photosynthetic capacity (Goncalves *et al.*, 2004). In variety 'Burpees', maximum greenness index was observed, and it might be relevant to its genetic. The high greenness index and high biochemical content like total amino acids, folate, sugar and antioxidant activity in 'Burpees' might be related to its genetic potential and photosynthetic ability. Altogether, varieties of snap bean differ in leaf greenness, but the yield efficiency could be the same; this is, probably, related to genetic differences (Hefni *et al.*, 2010). Moreover, Kikas and Libek (2005) showed that high-quality production of yield in different varieties was influenced by photosynthesis. Carotenoids comprise a class of natural lipid-soluble pigments that are found in many vegetables, including snap

bean. They are a class of naturally occurring lipophilic pigments, and about 50 of them occur in foods with plant origin (Kalt, 2005). High carotenoids were associated with a decrease in the incidence of many chronic diseases in humans (Zhang *et al.*, 2014). A study in Canada showed that total carotenoid content of bean varies among different varieties. Furthermore, it has been reported that about 2 kg snap bean was used in a year by each person. Throughout, the high consumption rate, it is important to choose the most proper variety with higher nutrition value (Djordjevic *et al.*, 2011). For this purpose, variety 'Burpees' with higher carotenoid, antioxidant activity, and the phenolic compound is preferred over the other seven evaluated varieties. Bioactive compounds, like polyphenols in beans include flavonoids, phenolic acids, and procyanidins, which perform as free radical scavengers, reducing agents and metal chelators and possess hypocholesterolemia, antiatherogenic, anticarcinogenic and hypoglycemic characteristics (Balisteiro *et al.*, 2013). Polyphenolics exist in low amounts in plant tissue (Russell *et al.*, 2009). The results demonstrated that the variety 'Burpees' has the potential to provide more health benefits compared to the other varieties. Antioxidant and phenolic compounds are reduced after cooking (Beebe *et al.*, 2001; Bybordi, and Malakouti 2007), and as such, it is better to use richer variety like 'Burpees' to obtain more of these essential secondary metabolites for human health benefit. Green beans have a considerably low amount of carbohydrates and fiber compared to ripen beans and, therefore, nutritionists encourage the consumption of fresh beans to reduce calories (El-Sherbeny *et al.*, 2012). Variety 'Cherokee' showed the least amount of sugar and starch contents, while variety 'Burpees' had the highest amount of sugar and starch contents compared to the other varieties. Furthermore, because of the high sugar content in 'Burpees', it might have a better taste among the different varieties, which can improve its acceptability and marketing as a

newly introduced variety (Beebe *et al.*, 2001). This study confirmed that fresh ‘Burpees’ snap beans are a valuable source of folate. Hence, information regarding the effects of variety on folate content could be helpful in enhancing dietary folate intake. The cereal is a major source of phenolic acids-antioxidants, fibers and minerals in human diet, but they are poor in amino acids content (Laddomada *et al.*, 2015). Although beans are not known to be rich in sulfuric amino acids (Haghighi *et al.*, 2020), it was found to be considerably high in variety ‘Dragon’, and it could be considered as a positive feature for this variety. Essential amino acids are those amino acids that cannot be produced naturally in the human body, and it should be taken from foods (Haghighi *et al.*, 2020). However, variety ‘Burpees’ seemed to have high essential amino acids compared to the others.

## CONCLUSIONS

Among the evaluated varieties, ‘Burpees’ showed the highest nutraceutical values based on its high carotenoid, antioxidant activity, phenolic compound, folate and essential amino acids. On the other hand, variety ‘Kentucky’, a pole variety, showed better vegetative growth and yield. Besides, ‘Burpees’, ‘Valentine’ and ‘Dragon’ showed high carotenoid and amino acids, while ‘Valentine’ had the lowest antioxidant. Thus, variety ‘Burpees’ with an average yield and higher antioxidant, phenolic compound, folate, and total essential amino acids is recommended for further studies and adoption as a new crop in Iran.

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## خصوصیات مورفولوژیکی و بیوشیمیایی ارقام مختلف لویا سبز

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### چکیده

لویا سبز (*Phaseolus vulgaris* L.) یک گیاه فصل گرم است. منشأ آن مناطق آند و مزوامریکا می باشد. طیف وسیعی از خصوصیات مورفولوژیکی و بیوشیمیایی در میان ارقام مختلف لویا سبز وجود دارد. لویا سبز به خاطر نیام های سبز برداشت می شود. نیام ها منبع غنی از پروتئین، ویتامین های ضروری، کربوهیدرات هایی با کالری پایین، فیبر و مواد معدنی برای سلامت انسان می باشند. بررسی کاشت و ارزش تغذیه ای هشت رقم لویا سبز با نام های: پیربکران، سانری، بورپیز، ولنتاین، دراگون، کنتاکی، چروکی و آی دی مارکت نشان داد که رقم بورپیز دارای ۵۶٪ کارتنوئید، ۱۶٪ آنتی اکسیدان، ۶۹٪ ترکیبات فنولیک بیش تری نسبت به رقم مرسوم پیربکران دارد. در رقم مذکور محتوای فولات ۳۳٪ و محتوای کل آمینواسیدهای ضروری ۲۰/۶٪ نسبت به رقم پیربکران بالاتر بود. با این وجود، رقم بالارونده کنتاکی شاخص های رشد رویشی و عملکردی بهتری را نسبت به سایر ارقام داشت. علاوه بر این، رقم بورپیز بیش ترین محتوای کلسیم را تا ۴۰٪ بیش تر از سایر ارقام نشان داد. همچنین محتوای روی آن دو برابر بیش تر از ارقام ولنتاین و کنتاکی بود. در نتیجه رقم بورپیز به دلیل عملکرد نهایی بالاتر با توجه به عواملی همچون رشد رویشی و عملکرد نیام، ارزش تغذیه ای فراسودمند، محتوای فولات و آمینواسیدهای ضروری در مقایسه با هفت رقم مورد بررسی توصیه می گردد.