

## 咖啡品種與綠原酸含量之關係

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綠原酸 (Chlorogenic acids, CGA) 屬對羥基桂皮酸酯類化合物 (hydroxycinnamic acid ester)，為多酚類的一種，具有清除自由基、抗菌消炎、抗病毒、降糖及降血脂等作用。咖啡生豆中富含綠原酸，且為人類攝取綠原酸最主要食物來源之一。探討不同咖啡物種及品種間咖啡綠原酸含量之變化。

表1、咖啡不同物種間之綠原酸含量之整理

Coffea species	Total CGAs(% dry matter)
<i>C. arabica</i>	5.20–6.70
<i>C. canephora</i>	5.80–8.40
<i>C. liberica</i>	4.66–6.41
Arabusta	5.64–5.75
<i>C. eugenioides</i>	2.95–3.26
<i>C. sessiliflora</i>	4.54–5.17
<i>C. congensis</i>	6.64
<i>C. pseudozanguebariae</i>	0.21
<i>C. racemosa</i>	6.21
<i>C. brevipes</i>	7.05

(Ortiz et al.,2019)

表2、阿拉比卡項下之不同品種綠原酸含量整理

Group	Variety	Total CGA(%)	Reference
Typica	SL34	4.96	Gimase et al.,2014
Bourbon	Caturra	5.62	Clifford & Ramirez-Martinez,1991
	Caturra	5.13	Gimase et al.,2014
	Bournon	5.67	Clifford & Ramirez-Martinez,1991
	Bournon	5.25	Farah,2005
	Bournon	6.57	Monteiro and Farah,2012
	SL28	5.22	Gimase et al.,2014
Typica x Bourbon	Mundo Novo	6.02	Monteiro and Farah,2012
	Red Catuai	6.32	Monteiro and Farah,2012
	Yellow Catuai	6.11	Monteiro and Farah,2012
Ethiopian Landrace	Wild ethiopian Arabica coffee	5.63-10.11	Scholz et al.,2016
Timor Hygrid	Timor Hygrid	5.62	Clifford & Ramirez-Martinez,1991
	Higrido De Timor	5.1	Gimase et al.,2014
Catimor Group	Cartimor	6.31	Clifford & Ramirez-Martinez,1991
Sarchimor Group	Parainema	5.4	Tuccio et al.,2019



資料顯示目前咖啡綠原酸含量在咖啡屬(*Coffea* L.)項下之不同物種中，以*C. canephora*為5.8-8.4%最高，*C. pseudozanguebariae*為0.21%最低，常見之栽培種如*C. arabica*為5.20-6.70%，*C. liberica*為4.66-6.41%；在*C. arabica*的品種中，以 Bourbon 為6.57%含量最高，其中Typica 為4.96%最低，值得注意的是在Ethiopian Landrace群中的含量範圍為5.63-10.11%，為未來在*C. arabica*中有潛力發掘高綠原酸含量之咖啡品種。

#### 參考資料

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