Unconventional, underutilized and regional plants may represent good vitamins source in the diet but, among the several constraints to their use in the diet are the lack of nutritional (composition) data and the loss of the local knowledge on how to use these edible plants as food. The objective is to overcome the lack of information on vitamin C content in two edible underutilized plants: Murici (Byrsonima verbascifolia) fruits and Drumstick (Moringa oleifera) leaves. Murici fruits were collected at the rural area of Marabá, Bom Jesus do Tocantins and São João do Araguaia (Pará, Brazil) where this tree is native. Fresh Drumstick leaves were collected at countryside of Marília (São Paulo, Brazil). Vitamin C (acid ascorbic AA and dehydroascorbic acid DHA) were analyzed by High Performance Liquid Chromatography. The contribution of underutilized plants for the supply of daily recommendation of vitamin C was calculated based on Recommended Dietary Allowance of the Dietary Reference Intakes. Fresh Drumstick leaves contain (mean±SD) expressed in mg/100g: (83.4±13.3) of AA and (97.0±3.6) of DHA. Murici from Marabá, São João do Araguaia and Bom Jesus do Tocantins contains (23.8±0.8), (22.5±1.4) and (30.8±1.7) of AA respectively; and (19.9±7.9), (11.1±1.8) and (9.2±2.7) of DHA respectively. According to these results, consumption of Murici fruits (100g) and fresh Drumstick leaves (100g) contribute to supply the daily requirements of vitamin C (on average 83% of Murici fruits and 381% of fresh Drumstick leaves). Therefore Murici fruits and Drumstick leaves can to be an alternative source of vitamin C in the diet.