Alternanthera philoxeroides (Martius) Griseb.

Identifiants : 1914/altphi

Association du Potager de mes/nos Rêves (https://lepotager-demesreves.fr)
Fiche réalisée par Patrick Le Ménahèze

Dernière modification le

- ***Classification phylogénétique :***
    - ***Clade : Angiospermes ;***
    - ***Clade : Dicotylédones vraies ;***
    - ***Ordre : Caryophyllales ;***
    - ***Famille : Amaranthaceae ;***
- ***Classification/taxinomie traditionnelle :***
    - ***Règne : Plantae ;***
    - ***Sous-règne : Tracheobionta ;***
    - ***Division : Magnoliophyta ;***
    - ***Classe : Magnoliopsida ;***
    - ***Ordre : Caryophyllales ;***
    - ***Famille : Amaranthaceae ;***
    - ***Sous-famille : Gomphrenoideae ;***
    - ***Genre : Alternanthera ;***
- ***Synonymes : x (=) basionym, Bucholzia philoxeroides C. Martius, Achyranthes philoxeroides (C. Martius) Standl, Telanthera philoxeroides (C. Martius) Moquin ;***
- ***Nom(s) anglais, local(aux) et/ou international(aux) : Alligator weed, , Barmasag, Bredo-d'agua, Burmashak, Doigaldeb, Dwi-galdeb, Gara ara, Kabo-napi, Ka-na-phot, Komprek, Kozhuppa, Krokot, Malancha shak, Menmeni, Nadi saag, Nolduba, Panimatikaduri, Perna-de-saracura, Phak-pet-nam, Salincha, Sanchi, Tolod, Xi han lian zi cao ;***



- ***Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) :***

Parties comestibles : feuilles, légumes{{{0(+x) (traduction automatique)} | Original : Leaves, Vegetable{{{0(+x) Les jeunes feuilles et les pousses tendres sont cuites et consommées comme légume. Ils sont amers. Ils sont souvent utilisés dans un mélange de légumes. Les feuilles récoltées ne peuvent être conservées que 3 à 4 jours. Toutes les parties, à l'exception des racines, sont consommées crues ou cuites

Partie testée : feuilles{{{0(+x) (traduction automatique)
Original : Leaves{{{0(+x)

Taux d'humidité	*Énergie (kj)*	*Énergie (kcal)*	*Protéines (g)*	*Pro-vitamines A (µg)*	*Vitamines C (mg)*	*Fer (mg)*	*Zinc (mg)*
84.7	*240*	*57*	*4.9*	*475*	*0*	*0.5*	*0*



Précautions :

néant, inconnus ou indéterminés.

- ***Illustration(s) (photographie(s) et/ou dessin(s)):***

- ***Liens, sources et/ou références :***

dont classification :

dont livres et bases de données : [0]"Food Plants International" (en anglais) ;

dont biographie/références de [0]"FOOD PLANTS INTERNATIONAL" :

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