Amaranthus hybridus L., 1753
(Amaranthe hybride)

Identifiants : 2045/amahyb

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 : Amaranthoideae ;***
    - ***Genre : Amaranthus ;***
- ***Synonymes : x (=) basionym, Amaranthus aureus Moq. 1849, Amaranthus chlorostachys Willd. 1790 ;***
- ***Synonymes français : amarante hybride, amaranthe glabre (amarante glabre), amaranthe élancée (amarante élancée), amaranthe à épi vert clair (amarante à épi vert clair), amaranthe rouge (amarante rouge) ;***
- ***Nom(s) anglais, local(aux) et/ou international(aux) : green amaranth, green pigweed, hybrid amaranth, slim amaranth, smooth amaranth, smooth pigweed, spleen amaranth , wild cabbage, red cockscomb, wild beet, amaranth greens , lü sui xian (cn transcrit), tai wan xian (cn transcrit), ausgebreiteter Fuchsschwanz (de), hoso-ao-geito (jp romaji), nalamarant (sv) ;***



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

  Feuille (jeunes et/ou tendres, dont pousses et tiges ; crues[1] ou cuites[1,32]), fleur[1] (jeunes inflorescences[32] (dont bourgeons) ; cuites[1]) et graines (séchées : crues[1] ou cuites (rôties)[1] ; dont germes[1]) comestibles.(1µ*)

  Détails :

  Jeunes et/ou tendres feuilles, pousses et tiges utilisées crues ou cuites (ex. : comme potherbe{{{{dp*}(1,32)}).

  Les feuilles et les jeunes pousses sont cuites et mangées. Ils sont également séchés. Les feuilles et les tiges sont hachées et ajoutées aux pâtisseries et salades. Ils sont également frits avec des œufs

  Partie testée : tige{{{0(+x) (traduction automatique)
  Original : Stem{{{0(+x)

Taux d'humidité	*Énergie (kj)*	*Énergie (kcal)*	*Protéines (g)*	*Pro-*	*Vitamines C (mg)*	*Fer (mg)*	*Zinc (mg)*

			vitamines A (µg)			
0	0	0	0	0	0	0

Précautions :

***(1*)la plante contient de l'acide oxalique qui est toxique : selon les proportions consommées et la personne, celui-ci peut endommager les reins si il est ingéré régulièrement pendant plusieurs mois.1 Cependant, certains légumes, comme l'épinard ou la blette, en contiennent dans des concentrations equivalentes ou supérieures sans que ceux-ci ne soient considérés comme dangereux ; de plus l'acide en question est soluble dans l'eau (proportionnellement à la température80) et peut donc être éliminé en changeant simplement l'eau de cuisson ; enfin, en y ajoutant du lait (ou tout autre produit laitier), une partie de cette acide se lie au calcium le rendant ainsi inoffensif.1 Il sera tout de même conseillé de ne pas en abuser [(dp*)], plus particulièrement aux personnes souffrants de problèmes rénaux et/ou ayant une tendance aux rhumatismes (polyarthrite rhumatoïde, arthrite, goutte, calculs rénaux ou hyperacidité), pour lesquelles il sera même fortement recommandé de limiter ou d'éviter complètement cette consommation potentiellement néfaste (étant donné qu'elle peut aggraver leur état) ou tout au moins de prendre des précautions particulières dès lors que cette plante est incluse (ou prévue) dans leur régime alimentaire[{{{5]*.**

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

Par Bouba [GFDL ou CC-BY-SA-3.0], via wikimedia

- ***Arôme et/ou texture : douce, discrète, très peu amère (plante entière?), céréale (graines) ;***
- ***Liens, sources et/ou références :***
  - ***Tela Botanica :*** https://www.tela-botanica.org/bdtfx-nn-3964-synthese ***;***
  - ***HYPPA :*** https://www2.dijon.inra.fr/hyppa/hyppa-f/amach_fh.htm ***;***
  - ***Wikipedia :***
    - https://fr.wikipedia.org/wiki/Amarante_hybride (en français) ***;***
    - https://es.wikipedia.org/wiki/Amaranthus_hybridus (source en espagnol) ***;***
    - https://en.wikipedia.org/wiki/Amaranthus_hybridus (source en anglais) ***;***
  - ***[5]"Plants For a Future" (en anglais) :*** 5https://www.pfaf.org/user/plant.aspx?LatinName=Amaranthus+hybridus ***;***

    dont classification :

  - ***"The Plant List" (en anglais) :*** www.theplantlist.org/tpl1.1/record/kew-2632871 ***;***
  - ***"GRIN" (en anglais) :*** https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomydetail?id=2795 ***;***

    dont livres et bases de données : [1]Plantes sauvages comestibles (livre pages 100 et 101, par S.G. Fleischhauer, J. Guthmann et R. Spiegelberger), 32Herbier gourmand (livre par Marc Veyrat et François Couplan) ;

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

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