

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 03/05/2024

- Classification phylogénétique :

- Clade : Angiospermes ;
- Clade : Dicotylédones vraies ;
- Ordre : Caryophyllales ;
- Famille : Amaranthaceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Caryophyllales ;
- Famille : Amaranthaceae ;
- 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



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" :

Abh. Konigl. Ges. Wiss. Gottingen 24:36. 1879 (Symb. fl. argent.) ; Ambasta S.P. (Ed.), 2000, *The Useful Plants of India*. CSIR India. p 32 ; Arora, R. K., 2014, *Diversity in Underutilized Plant Species - An Asia-Pacific Perspective*. Bioersivity International. p 35 ; Bandyopadhyay, S. et al, 2009, *Wild edible plants of Koch Bihar district, West Bengal*. *Natural Products Radiance* 8(1) 64-72 ; Bandyopadhyay, S., et al, 2012, *A Census of Wild Edible Plants from Howrah District, West Bengal, India*. *Proceedings of UGC sponsored National Seminar 2012* ; Bao Bojian; Steve Clemants, Thomas Borsch, *Amaranthaceae [Draft], Flora of China* ; Baro, D., Baruah, S. and Borthukar, S. K. 2015, *Documentation on wild vegetables of Baksa district, BTAD (Assam)*. *Scholars Research Library. 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P., 2014, *Conservation through sustainable utilization of wetland leafy vegetables of Terai and Duars, West Bengal, India*. *International Journal of Advanced Life Sciences (IJALS)*, 7(4) ; Deka, N. & Devi, N., 2015, *Wild edible aquatic and marshland angiosperms of Baka district, BTC area, Assam, India*. *Asian J. Plant Sci. Res.* 5(1):32-48 ; Dutta, U., 2012, *Wild Vegetables collected by the local communities from the Churang reserve of BTDA, Assam*. *International Journal of Science and Advanced Technology*. Vol. 2(4) p 119 ; Hossain, U. & Rahman, A., 2018, *Study and quantitative analysis of wild vegetable floral diversity available in Barisal district, Bangladesh*. *Asian J. Med. Biol. Res.* 2018, 4 (4), 362-371 ; Hussey, B.M.J., Keighery, G.J., Cousens, R.D., Dodd, J., Lloyd, S.G., 1997, *Western Weeds. A guide to the weeds of Western Australia*. 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J. of Life Sciences*, 2018; 6 (2):365-385 ; Lamberton, K (Ed.), 2004, *The Australian gardening encyclopedipia*. Murdoch Books, NSW Australia. p 162 ; Lamp, C & Collet F., 1989, *Field Guide to Weeds in Australia*. Inkata Press. p 13 ; Lazarides, M. & Hince, B., 1993, *Handbook of Economic Plants of Australia*, CSIRO. p 16 ; McMakin, P.D., 2000, *Flowering Plants of Thailand. A Field Guide*. White Lotus. p 82 ; Ochse, J.J. et al, 1931, *Vegetables of the Dutch East Indies*. Asher reprint. p 15 ; Patiri, B. & Borah, A., 2007, *Wild Edible Plants of Assam*. Geethaki Publishers. p 108 ; Romanowski, N., 2007, *Edible Water Gardens*. Hyland House. p 49 ; Sainty, G.R. & Jacobs, S.W.L., 1981, *Waterplants of New South Wales*. Water Resources Commission. NSW p 54 ; Sainty, G., and Jacobs, S., 2003, *Waterplants in Australia. A Field Guide*. Sainty Books. p 18 ; Sakar, A. & Das, A. 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Med. Plants Res.* 5 (33) pp. 7163-7176 ; www.eFloras.org *Flora of China* ; Wang, J. et al, 2013, *A Study on the Utilization of Wild Plants for Food in Liangshan Yi Autonomous Prefecture*. *Plant Diversity and Resources*. 35(4): 416-471