Amaranthus spinosus L., 1753
(Amaranthe épineuse)

Identifiants : 2067/amaspi

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 : Amaranthus ;***
- ***Synonymes : x (=) basionym, Amaranthus spinosus var. basiscissus Thell. 1914 ;***
- ***Synonymes français : amarante épineuse, épinard Malabar, épinard piquant, épinard cochon, brède de Malabar, épinard piquant, amaranthe du Soudan (amarante du Soudan) ;***
- ***Nom(s) anglais, local(aux) et/ou international(aux) : carelessweed, edlebur, needlebur, prickly amaranth, prickly calalu, Prince-of-Wales-feather, spiny amaranth, spiny pigweed, thorny amaranth, thorny pigweed , ci xian (cn transcrit), dorniger Fuchsschwanz (de), anampatsa (mg), boron (sd), kantanatya (kanta natya, in), anampatsa (mg) ;***

- ***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] [nourriture/aliment : légume[~~~~1,2(dp*)], salade[~~~~1]]), fleur[1] (jeunes inflorescences[32] (dont bourgeons) ; cuites[1]) et graines (séchées : crues[1] ou cuites (rôties)[1] ; dont germes[1]) comestibles.(1µ*)

  Détails :

  Les Madécasses la mangent comme herbe potagère (potherbe) sous le nom de Anampatsa. Cette espèce est employée au même usage dans beaucoup de régions, nolamment dans l'Inde, où on l'appelle Kantanatya[{{{76].

  Les jeunes feuilles sont comestibles cuites. Ils sont bouillis ou frits. Les graines sont moulues en farine et cuites. ATTENTION: Cette plante peut accumuler des nitrates si elle est cultivée avec des engrais inorganiques riches en azote et ceux-ci sont toxiques

  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)*
91.7	*84*	*20*	*3.6*	*109*	*46*	*14.4*	*0.3*

(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 , 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.(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
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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].

- ***Note médicinale : ******

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

De gauche à droite :

Par Descourtilz, M.E., Flore [pittoresque et] médicale des Antilles (1821-1829) Fl. Méd. Antilles vol. 5 (1827), via plantillustrations
Par Stahl, A., Estudios sobre para la flora de Porto-Rico [unpublished watercolors] (1883-1888) Estud. Fl. Puerto-Rico, via plantillustrations

- ***Autres infos :***

dont infos de "FOOD PLANTS INTERNATIONAL" :

- ***Statut :***

  En Papouasie-Nouvelle-Guinée, une feuille comestible sauvage est parfois utilisée. En Afrique, il est utilisé pendant les sécheresses et parfois vendu sur les marchés. Parce qu'il est épineux, il est moins populaire mais souvent utilisé pour un usage domestique{{{0(+x) (traduction automatique)}.

  Original : In Papua New Guinea an occasionally used wild edible leaf. In Africa it is used during droughts and occasionally sold in markets. Because it is spiny it is less popular but often used for home use{{{0(+x)}.

- ***Distribution :***

  Une plante tropicale. Il se produit dans le monde entier, des tropiques à la zone tempérée chaude. Il peut pousser au soleil ou à l'ombre légère. Au Népal, il atteint 1500 m d'altitude. En Tanzanie, il passe du niveau de la mer à 1 800 m au-dessus du niveau de la mer et dans des zones avec 800 à 1 300 mm de précipitations. Il pousse bien dans un sol humide et humide. Il pousse dans les zones humides. Il peut pousser dans des endroits arides. En Argentine, il atteint 1 000 m d'altitude. Herbier de Tasmanie. Au Yunnan. Il pousse dans le Sichuan{{{0(+x) (traduction automatique)}.

  Original : A tropical plant. It occurs world wide from the tropics to the warm temperate zone. It can grow in sun or light shade. In Nepal it grows to 1500 m altitude. In Tanzania it grows from sea level to 1,800 m above sea level and in areas with 800-1,300 mm rainfall. It grows well in moist, damp soil. It grows in wetlands. It can grow in arid places. In Argentina it grows up to 1,000 m above sea level. Tasmania Herbarium. In Yunnan. It grows in Sichuan{{{0(+x)}.

- ***Localisation :***

  Afrique, Argentine, Asie, Australie, Bangladesh, Bénin, Bhoutan, Bolivie, Botswana, Brésil, Burkina Faso, Cambodge, Afrique centrale, Amérique centrale, Chine, RD Congo, République dominicaine, Afrique de l'Est, Eswatini, Éthiopie, Fidji, Gabon, Ghana, Guyane, Guyanes, Guinée, Guinée, Guinée-Bissau, Guyane, Haïti, Hawaï, Himalaya, Inde, Indochine, Indonésie, Jamaïque, Japon, Kenya, Laos, Madagascar, Malawi, Malaisie, Maurice, Mexique, Mozambique, Myanmar, Nauru, Népal, Niger, Nord-est de l'Inde, Amérique du Nord, Pacifique, Pakistan, Papouasie-Nouvelle-Guinée, PNG, Paraguay, Philippines, Porto Rico, Russie, Sao Tomé-et-Principe, Asie du Sud-Est, Sierra Leone, Sikkim, Singapour, Afrique du Sud , Amérique du Sud, Afrique australe, Sri Lanka, Suriname, Swaziland, Taiwan, Tanzanie, Tasmanie, Thaïlande, Togo, Ouganda, Vietnam, Afrique de l'Ouest, Antilles, Zambie, Zimbabwe{{{0(+x) (traduction automatique)}.

  Original : Africa, Argentina, Asia, Australia, Bangladesh, Benin, Bhutan, Bolivia, Botswana, Brazil, Burkina Faso, Cambodia, Central Africa, Central America, China, Congo DR, Dominican Republic, East Africa, Eswatini, Ethiopia, Fiji, Gabon, Ghana, Guiana, Guianas, Guinea, GuinÃ©e, Guinea-Bissau, Guyana, Haiti, Hawaii, Himalayas, India, Indochina, Indonesia, Jamaica, Japan, Kenya, Laos, Madagascar, Malawi, Malaysia, Mauritius, Mexico, Mozambique, Myanmar, Nauru, Nepal, Niger, Northeastern India, North America, Pacific, Pakistan, Papua New Guinea, PNG, Paraguay, Philippines, Puerto Rico, Russia, Sao Tome and Principe, SE Asia, Sierra Leone, Sikkim, Singapore, South Africa, South America, Southern Africa, Sri Lanka, Suriname, Swaziland, Taiwan, Tanzania, Tasmania, Thailand, Togo, Uganda, Vietnam, West Africa, West Indies, Zambia, Zimbabwe{{{0(+x)}.

- ***Notes :***

  Il existe environ 60 espèces d'Amaranthus. Les feuilles séchées contiennent (pour 100 g) 267 - 276 calories, 20 - 34,4% de protéines, 2 - 4,5% de matières grasses, 45 - 54% de glucides, 9,8 - 10,4% de fibres, 16,6 - 24% de cendres, 1795 - 5333 mg de calcium, 333 - 460 mg de phosphore, 13,5 - 152,7 mg de fer, 13 - 37 mg de sodium, 337 - 3528 mg de potassium, 27,9 - 40,8 mg d'équivalent bétacarotène, 0,06 mg de thiamine, 2,02 mg de riboflavine, 7,7 - 8,6 mg de niacine et 503 mg d'acide ascorbique. Chemical composition (après Hooper): Eau = 52,10% (fraîche). Matières grasses = 2,21% (sec). Albluménoïdes = 19,43% (sec). Glucides = 38,35% (sec). Fibre = 19,82% (sèche). Cendres = 20,20% (sec). Azote = 3,11% (sec). Acide phosphorique = 1,13% (sec). Silicates = 1,90% (sec). Il est riche en proVitamine A. Il contient 2,9 mg pour 100 g de poids sec et 1,6 mg de poids frais d'alpha-tocophérol (vitamine E)[{{{0(+x) (traduction automatique)}.

  Original : There are about 60 Amaranthus species. The dried leaves contain (per 100g) 267 - 276 calories, 20 - 34.4% protein, 2 - 4.5% fat, 45 - 54% carbohydrate, 9.8 - 10.4% fibre, 16.6 - 24% ash, 1795 - 5333 mg calcium, 333 - 460 mg phosphorus, 13.5 - 152.7mg iron, 13 - 37 mg sodium, 337 - 3528 mg potassium, 27.9 - 40.8mg betacarotene equivalent, 0.06mg thiamine, 2.02mg riboflavin, 7.7 - 8.6mg niacin and 503 mg ascorbic acid.Chemical composition (after Hooper): Water = 52.10% (fresh). Fat = 2.21% (dry). Alblumenoids = 19.43% (dry). Carbohydrates = 38.35% (dry). Fibre = 19.82% (dry). Ash = 20.20% (dry). Nitrogen = 3.11% (dry). Phosphoric acid = 1.13% (dry). Silicates = 1.90% (dry). It is high in proVitamin A. It has 2.9 mg per 100 g dry weight and 1.6 mg fresh weight of alpha-tocopherol (Vitamin E)[{{{0(+x)}.

- ***Arôme et/ou texture : douce, discrète, très peu amère (plante entière?), céréale (graines) ;***

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

    - ***[5]"Plants For a Future" (en anglais) :*** https://pfaf.org/user/Plant.aspx?LatinName=Amaranthus_spinosus ***;***

      dont classification :

    - ***"The Plant List" (en anglais) :*** www.theplantlist.org/tpl1.1/record/kew-2633107 ***;***
    - ***"GRIN" (en anglais) :*** https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomydetail?id=2804 ***;***

      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), 76Le Potager d'un curieux - histoire, culture et usages de 250 plantes comestibles peu connues ou inconnues (livre, pages 15 à 16, par A. Paillieux et D. Bois) ;

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

      Achigan-Dako, E, et al (Eds), 2009, Catalogue of Traditional Vegetables in Benin. International Foundation for Science. ; Agea, J. G., et al 2011, Wild and Semi-wild Food Plants of Bunyoro-Kitara Kingdom of Uganda: etc. Environmental Research Journal 5(2) 74-86 ; Ahmad, K. & Pieroni, A., 2016, Folk knowledge of wild food plants among the tribal communities of Thakht-e-Sulaiman Hills, North-West Pakistan. Journal of Ethnobiology and Ethnomedicine, 12:17 ; Alegado, A. M. & De Guzman, R. B., 2014, Indigenous food crops of the Aetas tribe in the Philippines and their traditional methods of food preparation. in Promotion of Underutilized Indigenous Food Resources for Food Security and Nutrition in Asia and Pacific. FAO. Bangkok p 160 ; Ali, H., et al, 2011, Ethnobotanical profile of some plant resources in Malam Jabba valley of Swat, Pakistan. Journal of Medicinal Plants Research Vol. 5(18), pp 4676-4687 ; Altschul, S.V.R., 1973, Drugs and Foods from Little-known Plants. 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