Gennemsnits næringsværdier for friske spiselige plantedele. Det er ikke kendt om værdierne er analyseret for konventionelt eller økologisk dyrkede planter, men sandsynligheden taler for at værdierne er fra konventionelt dyrkede planter især USDA-referencer som i øvrigt hele tiden opdateres. Disse tal er fra december 2016..

Bemærk at forsøg viser at næringstal er lavere i konventionelt dyrkede end økologisk dyrkede afgrøder – det sammegælder sikekrt også spiseligt ukrudt ☺

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | **Kalcium** | **Magnesium** | **Fosfor** | **Kalium** | | **Jern** | **Vitamin C** | **Vitamin A** | **Protein** | **Fedt** | **Kulhydrater** | **Vandindhold** | **ref** | **Bemærkning** |
| **Botanisk navn** | **Dansk navn** | **Tilstand** | **Kendt som ukrudt** | **mg/100g** | **mg/100g** | **mg/100g** | **mg/100g** | | **mg/100g** | **mg/100g** | **mg/100g** | **g/100g** | **g/100g** | **g/100g** | **g/100g** |  |  |
| **Almindelige grøntsager** |  |  |  |  |  |  |  |  | |  |  |  |  |  |  |  |  |
| Allium schoenoprasum | Purløg | Frisk blad | √ | 92 | 42 | 58 | 296 | 1,6 | | 58,1 | 0,218 | 3,3 | 0,73 | 1,85 (4,35) | 90,65 | 1 |  |
| Asparagus officinalis | (Almindelig asparges) | Kogt, drænet uden salt |  | 23 | 14 | 54 | 224 | 0,91 | | 7,7 | 0,05 | 2,4 | 0,22 | 4,11 | 92,63 | 1 |  |
| Beta vulgaris | Bladbede | Kogt, drænet uden salt |  | 16 | 23 | 38 | 305 | 0,79 | | 3,6 | 0,002 | 1,68 | 0,18 | 9,96 | 87,06 | 1 |  |
| Armoracia rusticana | Almindelig peberrod | Kogt, drænet uden salt | √ | 56 | 27 | 31 | 246 | 0,42 | | 24,9 | 0 | 1,18 | 0,69 | 11,29 | 85,08 | 1 |  |
| Brassica oleracea var. italica | Broccoli | Kogt, drænet uden salt |  | 40 | 21 | 67 | 293 | 0,67 | | 64,9 | 0,077 | 2,38 | 0,41 | 7,18 | 89,25 | 1 |  |
| Brassica oleracea var. sabellica | Grønkål | Kogt, drænet uden salt |  | 72 | 18 | 28 | 228 | 0,90 | | 41,0 | 0,68 | 1,90 | 0,4 | 5,63 | 91,2 | 1 |  |
| Daucus carota | Gulerod | Frisk rod |  | 33 | 12 | 35 | 320 | 0,3 | | 5,9 | 0,835 | 0,93 | 0,24 | 9,58 | 88,29 | 1 |  |
| Helianthus tuberosus | Jordskok | Frisk knold | √ | 14 | 17 | 78 | 429 | 3,4 | | 4 | 0,001 | 2.00 | 0,01 | 17,44 | 78,01 | 1 |  |
| Lactuca sativa  (Cos og Romainesalat) | Havesalat | Frisk blad |  | 33 | 14 | 30 | 247 | 0,97 | | 4,0 | 0,436 | 1,23 | 0,3 | 3,29 | 94,61 | 1 |  |
| Lactusa sativa var. capitata | Icebergsalat | Frisk blad |  | 18 | 7 | 20 | 141 | 0,41 | | 2,8 | 0,025 | 0,9 | 0,14 | 2,97 | 95,64 | 1 |  |
| Nasturtium officinale | Tykskulpet brøndkarse | Frisk skud | √ | 120 | 21 | 60 | 330 | 0,20 | | 43,0 | 0,16 | 2,30 | 0,10 | 1,29 | 95,11 | 1 |  |
| Rheum rhabarbarum | Haverabarber | Frisk stilk |  | 86 | 12 | 14 | 288 | 0,22 | | 8 | 0,005 | 0,90 | 0,20 | 4,54 | 93,61 | 1 |  |
| Solanum tuberosum | Kartoffel | kogt med skal uden salt |  | 5 | 22 | 44 | 379 | 0,31 | | 13 | 0 | 1,87 | 0,1 | 20,13 | 76,98 | 1 |  |
| Spinacia oleracea | Spinat | Kogt, drænet uden salt |  | 136 | 87 | 56 | 466 | 3,57 | | 9,8 | 0,524 | 2,97 | 0,26 | 3,75 | 91,21 |  |  |
| **Anbefalede Fantasilat urter** |  |  |  | **Kalcium** | **Magnesium** | **Fosfor** | **Kalium** | **Jern** | | **Vitamin C** | **Vitamin A** | **Protein** | **Fedt** | **Kulhydrater** | **Vandindhold** | **Ref** |  |
| Aegopodium podagraria ’Variegata’ | Broget skvalderkål | frisk | √ | n/a | n/a | n/a | n/a | n/a | | 201 | n/a | 6,7 | n/a | 0,2 | n/a | 13 |  |
| Alliaria petiolara | Almindelig løgkarse | Frisk blad | √ | 200 |  |  |  | 3,2 | |  |  |  |  |  |  | 3 |  |
| Allium fistulosum | Pibeløg | frisk |  | 18 | 23 | 49 | 212 | 1,22 | | 27 | n/a | 1,9 | 0,4 | 6,5 | 90,5 | 1 |  |
| Allium scorodoprasum | Skovløg | frisk |  | 25 | 10,15 | n/a | 145 | 0,4 | | 9 | n/a | 1,3 | 0,1 | 8,4 | n/a | 1 |  |
| Allium ursinum | Ramsløg | frisk | √ | 106 | 13,6 | n/a | 274 | 1,82 | | 5,61 | n/a | 1,37 | 0,56 | 0,508 | 82,1 | 12 | Omregnet fra 7,9% tørvægt |
| Amaranthus | Amarant | Frisk blad |  | 215 | 55 | 50 | 611 | 2,32 | | 43,3 | 0,146 | 2,46 | 0,33 | 4,02 | 91,69 | 1 |  |
| Beta vulgaris ssp. maritima | Strandbede | frisk | √ | 117 | 70 | 41 | 762 | 2,6 | | 30 | 0,316 | 2,2 | 0,1 | 4,3 | 87,58 | 1 |  |
| Bistorta officinalis | Slangeurt | frisk |  | n/a | n/a | n/a | n/a | n/a | | n/a | n/a | 3 | 0,8 | 7,9 | 82,6 | 11 |  |
| Carum carvi | Kommen | Frisk blad |  | 1784 | 452 | 543 | 3308 | 48,8 | |  |  | 20 |  |  | 92,8 | 6 |  |
| Centaurea cyanus blomster | Kornblomst | Frisk blomst |  | 246,2 | 138,5 | 534,5 | 3568 | 6,89 | |  |  | 6,73 |  |  | 90,24 | 5 |  |
| Chenopodium album | Hvidmelet gåsefod | Frisk skud |  | 371 |  |  |  | 1,18 | |  |  |  | 0,36 |  |  | 3 |  |
| Cichorium intybus | Almindelig cikorie | Frisk blad |  | 100 | 30 | 47 | 420 | 0,9 | | 24 | 0,286 | 1,7 | 0,3 | 4,7 | 92 | 1 |  |
| Fuchsia x hybrid blomster |  | Frisk blomst |  |  |  |  |  |  | |  |  | 2,41 |  |  |  |  |  |
| Hemerocallis sp. | Daglilje | Frisk knop |  | 87 | n/a | 176 |  | 1,2 | | 88 | 0,3 | 2 |  | n/a | n/a | 9 |  |
| Hylotelephium telephium | Sankthansurt | Frisk skud |  | n/a | n/a | n/a | n/a | n/a | | 50,8 | n/a | 0,9 | n/a | 0,31 | 94,40 | 10 | Omregnet fra 5,6% tørvægt |
| Malva sylvestris | Katost | Frisk blad |  | 6897 | 149,5 | 0,8 | 539,9 | 4,39 | |  |  | 2,81 | 0,24 |  | 83,85 | 14 |  |
|  |  |  |  | **Kalcium** | **Magnesium** | **Fosfor** | **Kalium** | **Järn** | | **Vitamin C** | **Vitamin A** | **Protein** | **Fedt** | **Kulhydrater** | **Vandindhold** | **ref** |  |
| Oxyria digyna | Fjeldsyre | Frisk blad |  | 116 | 75 | 87 | n/a | 3,2 | | 40 | 0,89 | 3,8 | 0,9 | 7,6 | 89 | 7 |  |
| Portulacca oleraceae | Haveportulak | Frisk skud |  | 96 |  |  |  | 2,5 | |  |  |  | 383 |  |  | 3 |  |
| Rumex acetosa | Havesyre | Frisk blad | √ | n/a | n/a | n/a | n/a | n/a | | 17 | 0,213 | 2,8 | n/a |  | n/a | 4 |  |
| Rumex acetosella | Rødknæ | Frisk skud | √ | 56 |  |  |  | 1,40 | |  |  |  |  |  |  | 3 |  |
| Rumex scutatus | Fransk syre | Frisk blad |  | 285 | 34,27 | 5,35 | 599 | 0,71 | | n/a | n/a | 2,95 | n/a | n/a | 4,03 | 8 |  |
| Sonchus oleraceus | Svinemælk | Frisk blad |  | 104 |  |  |  | 2,19 | |  |  |  | 0,207 |  |  | 3 |  |
| Stellaria media | Fuglegræs | Frisk skud | √ | 80 | 39 | 54 | 680 | 8,4 | | 115 | 0,383 | 1,5 |  |  | 91,5 | 4 |  |
| Tagetes erecta | Udspærret fløjlsblomst | Frisk blomsterblad |  | 0,110 | 0,060 | 0,065 | 0,215 | 1,026 | |  |  | 1,32 | 0,32 | 14,15 | 83,39 | 2 |  |
| Taraxacum officinalis  , | Almindelig mælkebøtte | Blad frisk |  | 187 | 36 | 66 | 397 | 3,1 | | 35,0 | 0,508 | 2,70 | 0,70 | 9,20 | 85,60 | 1 |  |
| Tropaeulum majus | Blomsterkarse | Frisk blomst |  | 0,055 | 0,035 | 0,050 | 0,225 | 0,551 | |  |  | 1,99 | 0,33 | 7,14 | 89,32 | 2 |  |
| Urtica | Stor nælde | blancheret | √ | 481 | 57 | 71 | 334 | 1,64 | | N/A | 0,101 | 2,71 | 0,11 | 7,49 | 87,67 | 1 |  |

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5 Edible Flowers—A New Promising Source of Mineral Elements

in Human Nutrition

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**Chemical Composition and Antioxidant Properties of *Malva sylvestris* L.** REZA TABARAKI\*1, ZEYNABYOSEFI1, HOSSEIN ALI ASADI GHARNEH 2

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