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Purslane health benefits and recipes. Why is purslane good for you. What are the medicinal benefits of purslane. 10 health benefits of purslane.

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Kamal-Uddin MD, Juraimi AS, Begum M, Ismail MR, Rahim AA, Othman R. Floristic composition of weed community in turf grass area of west peninsular Malaysia. International Journal of Agriculture and Biology. 2009;11(1):13–20. [Google Scholar]2. Uddin MK, Juraimi AS, Ismail MR, Brosnan JT. Characterizing weed populations in different turfgrass sites throughout the Klang Valley of western Peninsular Malaysia. Weed Technology. 2010;24(2):173–181.



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Characterizing weed populations in different turfgrass sites throughout the Klang Valley of western Peninsular Malaysia. Weed Technology. 2010;24(2):173-181. [Google Scholar]3. Liu L, Howe P, Zhou Y-F, Xu Z-Q, Hocart C, Zhang R. Fatty acids and β-carotene in Australian purslane (Portulaca oleracea) varieties. Journal of Chromatography A. 2000;893(1):207-213. [PubMed] [Google Scholar]4. Simopoulos AP, Norman HA, Gillaspy JE. Purslane in human nutrition and its potential for world agriculture. World Review of Nutrition and Dietetics. 1995;77:47-74. [PubMed] [Google Scholar]5. Oliveira I, Valentão P, Lopes R, Andrade PB, Bento A, Pereira JA. Phytochemical characterization and radical scavenging activity of Portulaca oleraceae L. leaves and stems.



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Rifici VA, Khachadurian AK. Dietary supplementation with vitamins C and E inhibits in vitro oxidation of lipoproteins. Journal of the American College of Nutrition. 1993;12(6):631-637. [PubMed] [Google Scholar]26. Alam MA, Juraimi AS, Rafii MY, et al. Evaluation of antioxidant compounds, antioxidant activities and mineral composition of 13 collected purslane (Portulaca oleracea L.) accessions. BioMed Research International

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diet:Add purslane to soupsSauté purslane as a side dishChop purslane and add it to salads for colorMix purslane into grilled vegetablesUse purslane as a garnishSprinkle purslane flowers on fish as a point of interest

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Mohamed AI, Hussein AS. Chemical composition of purslane (Portulaca oleracea) Plant Foods for Human Nutrition.

1994;45(1):1-9. [PubMed] [Google Scholar]Page 2Purslane (Portulaca oleracea) (Nutritive value per 100 g). PrincipleNutrient valuePercentage of RDAEnergy16 Kcal1.5% Carbohydrates3.4 g3% Protein1.30 g2% Total Fat0.1 g0.5% Cholesterol0 mg0% Vitamins Folates12 µg3% Niacin0.480 mg3% Pantothenic acid0.036 mg1% Pyridoxine0.073 mg5.5% Riboflavin0.112 mg8.5% Thiamin0.047 mg4% Vitamin A1320 IU44% Vitamin C21 mg35% Electrolytes Sodium45 mg6.5% Copper0.113 mg12.5% Iron1.99 mg25% Magnesium68 mg17% Manganese0.303 mg13% Phosphorus44 mg6% Selenium0.9 µg2% Zinc0.17 mg1.5% Although purslane is considered a weed that many people try to control, did you know that consuming purslane can be beneficial to your health? In fact, scientists believe that purslane deserves special attention from agriculturalists as well as nutritionists. According to research published in the Scientific World Journal, "the antioxidant content and nutritional value of purslane are important for human consumption." Testing the plant revealed tremendous nutritional potential and indicates the usefulness as a top herb for healing. What Is Purslane, or Portulaca oleracea, is a garden plant that goes by many names, including duckweed, fatweed and pursley. Can you eat purslane, and is all purslane edible? Most people consider purslane a weed, but it's actually loaded with health-promoting nutrients. So if you're wondering how to get rid of purslane in your garden — you eat it! Immigrants from India are believed to have brought purslane with them to North America, where it eventually spread into gardens across the land. Today, many varieties of purslane under several names grow in a wide range of climates and regions. In Asia, Central Europe and the Mediterranean region, purslane is commonly grown as a potherb. If you don't grow it intentionally, it's sure to appear every spring, and it does well during the hot summer months, as it's considered a succulent that can tolerate drought. Although some people try to get rid of the purslane growing in their gardens, studies show that consuming it has a slew of health benefits, including its ability to reduce inflammation, stimulate detoxification, improve the health of your bones and even alleviate respiratory conditions. Nutrition Facts The stem and leaves of purslane are jam-packed with important and essential nutrients. The plant is rich in disease-fighting antioxidants and offers plant-based omega-3 fatty acids. It also boasts a handful of important minerals. 100 grams of raw purslane contains about: 16 calories 3.4 grams carbohydrates 1.3 grams protein 0.1 grams fat 21 milligrams vitamin C (35 percent DV) 1,320 international units vitamin A (26 percent DV) 68 milligrams magnesium (17 percent DV) 0.1 milligrams riboflavin (7 percent DV) 0.1 milligrams riboflavin (vitamin B6 (4 percent DV) 44 milligrams phosphorus (4 percent DV) 12 micrograms folate (3 percent DV) Health Benefits 1. Loaded with Beta-Carotene Consuming purslane is an excellent way to increase your beta-carotene intake.

Beta-carotene is a plant pigment that's converted in the body to vitamin A, a powerful antioxidant that works to maintain healthy skin, neurological function and vision. Research shows that because it's an antioxidant, beta-carotene is valued for its ability to prevent chronic disease by protecting the body from damaging free radicals. Eating foods high in beta-carotene also helps improve respiratory and pulmonary function. In addition to these beta-carotene benefits, studies indicate that consuming the antioxidant is particularly important for women who are pregnant and breastfeeding because vitamin A plays a critical role in the healthy development of the fetus and newborn. 2. Excellent Source of Vitamin C A little more than two cups of purslane contains about 35 percent of your daily recommended intake for vitamin C acts as an antioxidant that neutralizes free radicals, it works to reduce our risk of inflammation and chronic disease. Vitamin C is also a immune-booster, helps improve the heart health, reduces inflammatory conditions and promotes healthy, glowing skin. Research shows that higher intake of vitamin C is associated with a lower risk of death from stroke or coronary heart disease, along with reduced levels of LDL cholesterol and triglycerides. Who would've thought that eating weeds from your backyard could actually boost the health of your cardiovascular system? 3. Contains Omega-3 Fatty Acids Purslane is a good source of alpha-linolenic acid, an omega-3 fatty acid that's found in plants. This makes purslane a great vegan omega-3 option. It helps improve heart health, reduce inflammation, support bone health and promote mental health, among other important omega-3 benefits. Most people don't consume enough omega-3s and can benefit from increasing their intake of this essential fatty acid.

Adding purslane to your diet helps lower the ratio of omega-3s, which researchers agree is desirable to reduce your risk of many chronic diseases. 4. Provides Important Minerals Purslane is a rich source of potassium, magnesium and calcium. All three of these nutrients help improve the health of your heart by regulating blood pressure and reducing the risk of stroke. They are also important minerals for bone health, supporting health, suppor salads or adding a nutritional punch to your daily smoothie helps ensure that you get enough of these key minerals. 5. Fights Diabetes Is purslane good for diabetics? Research published in the Journal of Medicinal Food indicates that ingesting purslane good for diabetics? Research published in the Journal of Medicinal Food indicates that ingesting purslane good for diabetics? Research published in the Journal of Medicinal Food indicates that ingesting purslane good for diabetics? hemoglobin A1c levels. Researchers concluded that purslane extract appears to be a safe, adjunct treatment for type 2 diabetes. How to Grow and Use Purslane can grow anywhere that has at least a two-month growing season. For many, it pops up in their gardens come springtime without any effort. It's resistant to drought and can endure the hot summer months. You may notice that it grows quickly and spreads easily, which can be a bit invasive. How do I get rid of purslane in my garden? When it begins to encroach on other plants or herbs, that's the perfect time to pull it out from the root and bring it into the kitchen. If you don't have purslane growing in your yard or garden, you can find purslane seeds online or at your local nursery. You can also propagate this beneficial plant with cuttings by simply adding them to soil.

But keep in mind that it can become invasive, so it's best to leave some distance between the seeds/cuttings and surrounding plants. Can purslane all year long, you can grow it indoors too. Simply scatter the seeds on top of soil, use your fingers to gently rake it over and cover the seeds. Until the seeds germinate, keep watering the soil, but don't let it get too soggy. Now just keep the plant in sunlight and watch it sprout. Selection and Storage When selecting purslane seeds or plants, the most important consideration is choosing a plant that's been grown in organic soil and hasn't been contaminated with toxic herbicides or pesticides. If you are picking the stems and leaves from your own yard or garden, make sure not to spray your property with dangerous chemicals, and always clean the plant thoroughly before eating. To store purslane, keep it in a plastic bag inside the refrigerator for up to a week. Avoid washing the plant until right before you plan to eat it in order to avoid wilting. You can also store the stems and leaves of the plant in the freezer, after washing, to have them available during the colder months when they won't grown naturally outdoors. How to Cook (Plus Recipes) Like other leafy green veggies, once you pull purslane out of the dirt by its root, you can easily prepare it for eating. Just cut off the root and wash the stems, being sure to get inside the little crevices that tend to hold soil. When you are planning to consume purslane, make sure that it hasn't been sprayed with any harsh chemicals, like Roundup or any other toxic herbicides and pesticides. Once your stems and leaves are clean, they can be added to salads, soups, smoothies and more. Can you cook purslane? You can eat it raw or lightly steam it. Cooking the plant for too long can make it slimy, so don't steam or boil it for more than 10 minutes. The texture of purslane stems and leaves are pretty crunchy, and the taste has been likened to that of spinach. If you are eating it alone, try adding a touch of olive oil or grass-fed butter, salt and pepper for added flavor. It can also be added to omelets or as a garnish on roasted vegetables or potatoes. If you want to make sure you'll have purslane available after the summer months, try freezing it and adding it to warming soups, stews and casseroles during the fall and winter seasons. Risks and Side Effects Is purslane poisonous? This herb is not poisonous to humans,

but it can be toxic to cats. Can you eat too much purslane? Like with any food, you can overdo it, and that's certainly true with this herb. Researchers have found that it is relatively high in oxalic acid, an organic compound that has been linked to an increased risk of kidney stones and other health problems for some people. Although oxalic acid is normally eliminated from the body through urine or stool, consuming foods with high amounts may cause adverse reactions for anyone with a sensitivity to the compound. Boiling purslane before consumption is known to help eliminate oxalic acid, but if you have a history of kidney stones, it's best to consult your health care professional before adding it to your diet. Final Thoughts Is purslane really good for you? The plant has an impressive nutrient profile, with high amounts of vitamins A and C, magnesium, manganese, and potassium. What are the benefits of purslane? It can help boost your immune system and promote overall wellness. Plus, it contains plant-based omega-3 fatty acids. What is the taste of purslane? You can eat the stems and leaves of the plant either raw or lightly steamed. It can also be added to salads, soups, smoothies, omelettes, stews, casseroles and sauces. You'll notice that the flavor is similar to spinach or watercress, and it has a nice crunchy texture when raw. Read Next: 8 Surprising Dill Weed Benefits (#6 Is Energizing) Purslane, also known as little hogweed, is a common weed worldwide. But just because it's considered a weed doesn't mean it's worthless. In fact, this salty, slightly sour plant is completely edible and provides some impressive health benefits. Purslane is a succulent that offers a juicy bite. This allows it to be grown in conditions that would kill even the hardiest lettuce. Its sturdy nature makes purslane a great garden-vegetable option for dry, hot regions or gardener's theasth benefits are an added benefit for this hearty gardener's treasure. Purslane has vitamins, minerals, and antioxidants that can provide important health benefits. For example, vitamin A helps your eyes remain healthy as well as improve your immune system. Vitamin A is also critical to the health of your organs because it supports healthy cell division. Purslane is also rich in vitamin C, which is important to keep your collagen and blood vessels in good shape, as well as helping injuries heal. In addition, purslane can provide other health benefits, like: Lower Risk of Cancer Purslane is full of beta-carotene, the pigment responsible for the reddish color of its stems and leaves. Beta-carotene is one of many antioxidants found in purslane. These antioxidants found in purslane. These antioxidants found in purslane is full of beta-carotene is one of many antioxidants found in purslane. These antioxidants found in purslane. products given off by all cells in the body. Lowering the number of free radicals can help reduce the risk of calcular damage. This, in turn, lowers your risk of cancer. Heart HealthPurslane is also helpful for supporting your cardiovascular system. It is one of the few vegetables that's rich in omega-3 fatty acids, which are important to support healthy arteries and can help prevent strokes, heart attacks, and other forms of heart disease. In fact, purslane has the highest-recorded levels of omega-3 fatty acids of any land-based plant. Bone HealthPurslane is also a great source of two minerals that are important to bone health: calcium and magnesium. Calcium is the most common mineral in your body, and failing to eat enough of it can slowly weaken your bones, leading to osteoporosis. On the other hand, magnesium indirectly affects skeletal health by affecting the growth of bone cells. Getting enough of both of these minerals can improve skeletal health and prevent complications from

osteoporosis and aging. Purslane is rich in folate, which aids in safe cell division and promotes DNA duplication. Doctors recommend that people who can become pregnant consume at least 400 mcg of folate daily because it helps avoid birth defects. Purslane is also an excellent source of: Vitamin AVitamin CPotassiumCalciumIronFolateCholineMagnesiumNutrients per Serving A one-cup serving of purslane contains oxalates, which have been linked to the formation of kidney stones should be careful when eating purslane, especially the seeds. Purslane seeds tend to have higher levels of oxalates than other parts of the plant. Purslane also tends to be saltier than other vegetables because of its succulent nature. People who prefer low-salt diets should watch their purslane intake to avoid consuming too much salt. Purslane can easily be found outdoors during the spring and summer in most parts of the world. The plant reproduces easily and can survive harsh growing environments, so it's often spotted between cracks in the sidewalk or in untended gardens. Any purslane plant can be harvested and eaten, as the leaves, stems, and flowers are completely edible. When preparing wild purslane, it's important to wash the plant carefully to ensure that no pesticides are on the leaves. Purslane is tart and a little salty, making it a great addition to salads and other dishes. It can be eaten raw or cooked. When added to soups and stew, it thickens the broth nicely. Here are some ways you can include purslane in your