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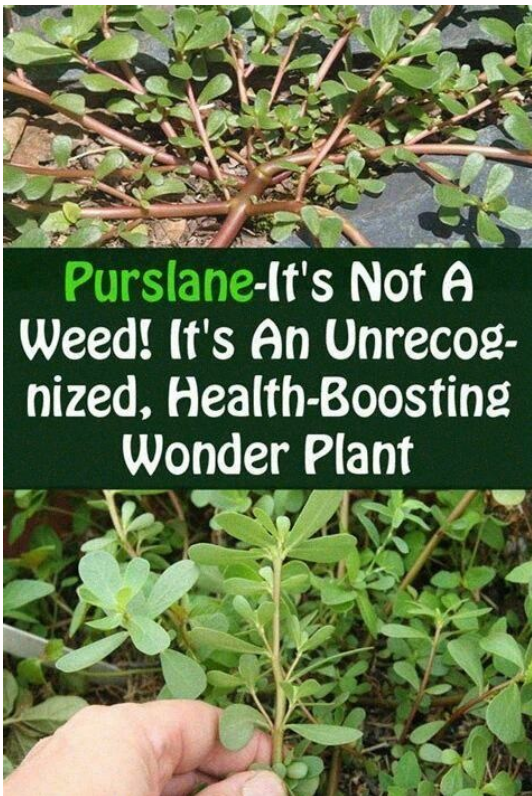
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Purslane health benefits and recipes. Why is purslane good for you. What are the medicinal benefits of purslane. 10 health benefits of purslane.

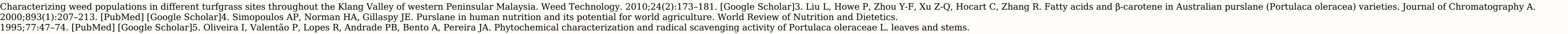
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mg5.36 Riboflavin0.112 mg3.5 Thiainio.047 mg4 Vitamin A1320 IU444 Vitamin C21 mg3.5 Electrolytes Sodium45 mg3.3 Potassium494 mg10.5 Minerals Calcium65 mg6.5 Copper0.113 mg12.5 Iron1.99 mg25 Magnesium68 mg17 Manganese0.303 mg13 Phosphorus44 mg6% Selenium0.9 mg2 Zinc17 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 with nutritionists. According to research published in the *Scientific World Journal*, "the antioxidant content and

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

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) 0.3 milligrams manganese (15 percent DV) 494 milligrams potassium (14 percent DV) 2 milligrams iron (11 percent DV) 0.1 milligrams riboflavin (7 percent DV) 65 milligrams calcium (7 percent DV) 0.1 milligrams copper (6 percent DV) 0.1 milligrams

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

inflammation conditions and promotes healthy glowing skin. Research shows that higher intake of vitamin C is associated with a lower risk of death from causes such as heart disease, 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.

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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 extract helps significantly reduce systolic blood pressure and improve glucose control by reducing 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

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 be grown indoors? If you're looking to enjoy the benefits of 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

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 grow 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.

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.

but it can be toxic to cats. Can you have too much purslane? Like any food, with any food, you can overdo it and that's certainly true with this herb. Researchers have found that it is relatively high in gallic 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

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would kill even the hardiest lettuce. Its sturdy nature makes purslane a great garden-vegetable option for dry, hot regions or gardeners who don't trust themselves to water regularly. Purslane's health 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,

products given off by all cells in the body. Lowering the number of free radicals can help reduce the risk of cellular 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.

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 A Vitamin C, Potassium, Calcium, Iron, Folate, Choline, Magnesium, Nutrients per Serving A one-cup serving of purslane contains: Things to Watch Out For Purslane contains oxalates, which have been linked to the formation of kidney stones. People prone to kidney stones should be careful when eating purslane, especially the seeds. Purslane seeds tend to have higher

The plant reproduces easily and can survive harsh growing environments, so it's often spread between cracks in the sidewalk or in unintended gardens. Any purslane plant can be harvested and eaten, as the leaves, stems, and flowers are completely edible. If you're found outdoors during the spring and summer in most parts of the world. 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

Use purslane to soup/saute purslane as a side dish/nop purslane and add it to salads for color/mix purslane into grilled vegetables/Use purslane as a garnish/sprinkle purslane flowers on fish as a point of interest