

Derived Product

ID	765
Uses ID	1,932
Product Name	Leaf vegetables
Product Description	Seeds and leaves are used for food, consumed as a leaf vegetable. Leaves have a high content of vitamin A, calcium and potassium and seeds have a protein content of up to 15%. The leaves and tender stems are cut and cooked or sometimes fried in oil, and mixed with e.g. meat, fish, cucurbit seeds, groundnut and palm oil. Dishes with amaranth are eaten with the main dish of cereals or tubers.
Notes	<i>NULL</i>
Metadata ID	9,439