

# Antinutrient & Toxicity

Antinutrient and Toxicity ID	56
Crop ID	Malabar Spinach (Basella rubra)
Part	Leaf
Reported Factor	Phytic Acid
Effect	Phytates lower the bio-availability of calcium, iron, zinc and copper.
Cause Toxicity	false
Cause Allergic Reaction	false
Reduction Method	Boiling and steaming.
Notes	<i>NULL</i>
Metadata Id	8,560