

Antinutrient & Toxicity

Antinutrient and Toxicity ID	88
Crop ID	Potherb Farnflower
Part	Whole
Reported Factor	Oxalate
Effect	Can induce kidney stones if taken in excess
Cause Toxicity	false
Cause Allergic Reaction	false
Reduction Method	Blanching or cooking removes nearly half of the soluble oxalate
Notes	The presence of oxalate is a drawback since more than 90% of it is present in soluble form
Metadata Id	8,284