Tetragonia tetragonoides (Pallas) O. Kuntze

Identifiants : 124722/tetrtetr

Association du Potager de mes (nos) Rêves
(https://lepotager-demesreves.fr - https://terralisme.fr)
Fiche réalisée par Patrick Le Ménahèze
Dernière modification le 24/07/2026

- **Classification phylogénétique :**
  - Clade : Angiospermes ;
  - Clade : Dicotylédones vraies ;
  - Ordre : Caryophyllales ;
  - Famille : Aizoaceae ;
- **Classification/taxinomie traditionnelle :**
  - Règne : Plantae ;
  - Division : Magnoliophyta ;
  - Classe : Magnoliopsida ;
  - Ordre : Caryophyllales ;
  - Famille : Aizoaceae ;
  - Genre : Tetragonia ;
- **Synonymes :** Tetragonia expansa Miers; Tetragonia cornuta; Demidovia tetragonioides Pallas; Tetragonia expansa Murray; ;
- **Nom(s) anglais, local(aux) et/ou international(aux) :** , Cai bapxoi, Chikesoppu, Fan xing, Ka, Kabak, Kokihi, Novozelandska ?pinac?a, Sacha espinacam Tsuru-na, Warragul greens, Warrigal, ;

- **Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) :**

  Détails : Les feuilles et les sommités charnues sont consommées. Ils peuvent être consommés crus, cuits à la vapeur, bouillis, sautés, en crème, servis avec des champignons ou transformés en quiche. ATTENTION Ils peuvent contenir des oxalates et des nitrates qui peuvent être toxiques.{{{0(+x) (traduction automatique)
  Original : The fleshy leaves and tops are eaten. They can be eaten raw, steamed, boiled, stir-fried, creamed, served with mushrooms, or made into quiche. CAUTION They can contain oxalates and nitrates which can be poisonous{{{0(+x)
- **Partie testée** : Feuilles{{{0(+x) (traduction automatique) | Original : Leaves{{{0(+x)

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)

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Précautions : cf. consommation

- **Liens, sources et/ou références :**

dont classification :

*dont biographie/références de **0**"FOOD PLANTS INTERNATIONAL" :*

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