PLANT FACT SHEET

Chlorella pyrenoidosa H. Chick

GENUS *Chlorella* **FAMILY** Chlorellaceae

COMMON NAMES Chlorella

EDIBLE PARTS AND USES

Edible parts: Algae

It is added to other foods including bread, pastas, juices, sweets , soups and salad dressings.

DESCRIPTION

A single celled micro algae. It grows in fresh water.

HABITAT

It is a temperate plant.

NOTES

It contains up to 55% protein with all the essential amino acids. It is high in other Vitamins and minerals.
Also put in the family Oocystaceae.

REFERENCES

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 260

Nakano, S., et al, 2010, Chlorella pyrenoidosa Supplementation Reduces the Riks of Anemia, Proteinuria and Edema in Pregnant Women. Plant Foods for Human Nutrition. 65:25-30

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2103d429-e927-4c0b-a0ca-d6cc296d5a85