



**Common names**

**Amaranthaceae**

**Spleen amaranth,**

**Scientific name**

***Amaranthus dubius***

**Edible portion** Leaves, Seeds, Vegetable,

### Description

An annual herb plant. It is erect and grows up to 1.2 m tall. The stems are angular and the plant is often branched from the base upwards. Plants can be green or tinged purple. The leaves are 3-8 cm long by 2-5 cm wide. The leaf stalk is 1-5 cm long. Leaves can taper to a point at the tip and taper quickly towards the base. The flower clusters are in spikes on side branches and these can be branched. The flower stalks at the tip can be lax. The flower clusters can be 10-20 cm long and either stick upwards or bend over. Most of the flowers are female. Seed are 1-1.2 mm across and rather flat. Several types occur.

### Distribution

A tropical plant. It suits the tropical humid lowlands. It can grow in arid places. In Papua New Guinea it grows between sea level and 1,800 m altitude. It needs a night temperature above 15°C and preferably a day temperature above 25°C. It needs fertile, well-drained soil.

### Found in:

Africa, Amazon, Argentina, Asia, Bahamas, Bangladesh, Belize, Benin, Burkina Faso, Burundi, Cameroon, Central Africa, Central America, China, Colombia, Congo DR, Cuba, Curacao, Dominican Republic, East Africa, Eritrea, Ethiopia, Fiji, Ghana, Greater Antilles, Guiana, Guianas, Guyana, Haiti, Hawaii, India, Indonesia, Jamaica, Kenya, Kiribati, Lesser Antilles, Madagascar, Malawi, Mexico, Mozambique, Nauru, Nigeria, North America, Pacific, Papua New Guinea, PNG, Philippines, Portugal, Puerto Rico, Rwanda, Sao Tome and Principe, SE Asia, Sierra Leone, Solomon Islands, Somalia, South Africa, Southern Africa, South America, Sri Lanka, St Helena, Suriname, Taiwan, Tanzania, Uganda, USA, Venezuela, West Africa, West Indies, Zambia, Zimbabwe,

### Use

The leaves and seeds are eaten cooked. They are often mixed with bitter leaf (*Vernonia*) or African eggplant.  
 CAUTION: This plant can accumulate nitrates if grown with high nitrogen inorganic fertilisers and these nitrates are poisonous.

### Cultivation

Plants can be grown from seed if the soil is warm. Seeds are small and grow easily. They can be broadcast in a nursery and then transplanted. Cuttings of growing plants root easily.

### Production

Leaves are available throughout the year in humid places.



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**Nutritional Values**

*Amaranthus dubius*

<b>Edible Part</b>	<b>/100 g edible portion</b>	<b>Moisture %</b>	<b>Energy KJ</b>	<b>Energy Kcal</b>	<b>Protein g</b>	<b>Provit A µg</b>	<b>Vit C mg</b>	<b>Iron mg</b>	<b>Zinc mg</b>
Stem									
Leaves		80.7			3.8			3.4	1.5
Seed									



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