



Dandelions

Health Benefits of Dandelions

Yes, those annoying weeds that take over your yard are edible and very nutritious. They add zing to your salad and contain compounds that fight disease. Plus, they are free and easy to find.

1 cup raw dandelion greens provides:

- 25 calories, 1.5 gm protein, 2 gm fiber, no fat, no cholesterol

Potential benefits of dandelions:

- All parts of the dandelion (leaves, flowers and roots) are rich in nutrients and fiber, and can be eaten raw or cooked
- Like other salad greens, leaves are high in vitamins A, C, K and folate; Also provide minerals calcium, magnesium and potassium
- Slightly bitter leaves (similar to arugula) help with digestion, reduce inflammation and lower high blood pressure
- Flowers can be tossed in salad or brewed for tea or vinegar
- Roots are rich in inulin, a fiber that regulates blood pressure, lowers cholesterol and feeds healthy gut microbiome
- Be certain dandelions have not been treated with insecticide and wash well before consuming



Brought to you by the Coos County Food and Nutrition Group, Advanced Health and OSU Extension Family and Community Health.



Oregon State
University

