



FLOWERS AS VEGETABLES



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Flowers as Vegetables: An Introduction

Some flowers are eaten as vegetables in many parts of the world. Most popular among them are pumpkin flowers, Sesbania flowers, calabash gourd flowers and broccoli flower clusters. Nutritional information and food significance of these 4 popular flowers are briefed in this small book for informational purposes only.

Pumpkin Flowers

Pumpkin produces both male and female flowers. Normally, large yellow male flowers, which have a mild pumpkin flavour, are used for cooking. Pumpkin flowers can be cooked in several ways; it may be deep fried in oil, can be stuffed, baked, and used as an ingredient in soups and salads.

Nutrition in Raw Pumpkin Flower

Nutrients	Unit	Value /100 g
Water	g	95.15
Energy	Kcal	15
Protein	g	1.03
Fat	g	0.07
Carbohydrate	g	3.28
Calcium	Mg	39
Iron	Mg	0.7
Magnesium	Mg	24
Phosphorus	Mg	49
Potassium	Mg	173
Sodium	Mg	5
Vitamin C	Mg	28
Thiamin	Mg	0.042
Riboflavin	g	0.075
Niacin	g	0.69
Vitamin A, RAE	µg	97
Folate	µg	59
Vitamin A, IU	IU	1947
Fatty acids, total saturated	g	0.036
Fatty acids, total monounsaturated	g	0.009
Fatty acids, total polyunsaturated	g	0.004

Nutrition in Cooked Pumpkin Flower (boiled, drained, without salt)

Nutrients	Unit	Value /100 g
Water	g	95.2
Energy	Kcal	15
Protein	g	1.09
Fat	g	0.08
Carbohydrate	g	3.3
Fiber, total dietary	g	0.9
Sugars	g	2.4
Calcium	Mg	37
Iron	Mg	0.88
Magnesium	Mg	25
Phosphorus	Mg	34
Potassium	Mg	106
Sodium	Mg	6
Zinc	Mg	0.1
Vitamin C	Mg	5
Thiamin	Mg	0.018
Riboflavin	g	0.032
Niacin	g	0.31
Vitamin B-6	Mg	0.05
Vitamin A, RAE	μg	87
Folate	μg	41
Vitamin A, IU	IU	1734
Vitamin E	Mg	0.04
Fatty acids, total saturated	g	0.041
Fatty acids, total monounsaturated	g	0.01
Fatty acids, total polyunsaturated	g	0.004

Nutrition in Cooked Pumpkin Flower (boiled, drained, with salt)

Nutrients	Unit	Value /100 g
Water	g	95.2
Energy	Kcal	15
Protein	g	1.09
Fat	g	0.08
Carbohydrate	g	3.18
Fiber, total dietary	g	0.9
Sugars	g	2.4
Calcium	Mg	37
Iron	Mg	0.88
Magnesium	Mg	25
Phosphorus	Mg	34
Potassium	Mg	106
Sodium	Mg	242
Zinc	Mg	0.1
Vitamin C	Mg	5
Thiamin	Mg	0.018
Riboflavin	g	0.032
Niacin	g	0.31
Vitamin B-6	Mg	0.05
Vitamin A, RAE	µg	87
Folate	µg	41
Vitamin A, IU	IU	1734
Vitamin E	Mg	0.04
Fatty acids, total saturated	g	0.041
Fatty acids, total monounsaturated	g	0.01
Fatty acids, total polyunsaturated	g	0.004

Sesbania Flowers

Scientific name of Sesbania is *Sesbania grandiflora*. It is a small, fast-growing, tropical tree which produces white or red coloured flowers depending upon the species. Sesbania is also known as August Flower, Australian Corkwood Tree, Flamingo Bill, Swamp Pea, Tiger Tongue, Scarlet Wistaria, Vegetable Hummingbird, West Indian Pea, Parrot Flower, Agati, and White Dragon. Sesbania flowers are eaten as a vegetable in many Southeast Asian countries such as Philippines, Laos, Thailand, Indonesia, and Vietnam.

Nutrition in Raw Sesbania Flower

Nutrients	Unit	Value /100 g
Water	g	91.58
Energy	kcal	27
Protein	g	1.28
Fat	g	0.04
Carbohydrate	g	6.73
Calcium	mg	19
Iron	mg	0.84
Magnesium	mg	12
Phosphorus	mg	30
Potassium	mg	184
Sodium	mg	15
Vitamin C	mg	73
Thiamin	mg	0.083
Riboflavin	g	0.081
Niacin	g	0.43
Folate	µg	102

Nutrient in Cooked Sesbania Flower (steamed, without salt)

Nutrients	Unit	Value /100 g
Water	g	93.3
Energy	Kcal	22
Protein	g	1.14
Fat	g	0.05
Carbohydrate	g	5.23
Calcium	Mg	22
Iron	Mg	0.56
Magnesium	Mg	12
Phosphorus	Mg	21
Potassium	Mg	107
Sodium	Mg	11
Vitamin C	Mg	37
Thiamin	Mg	0.048
Riboflavin	g	0.043
Niacin	g	0.25
Folate	µg	57

Nutrient in Cooked Sesbania Flower (steamed, with salt)

Nutrients	Unit	Value /100 g
Water	g	93.3
Energy	Kcal	21
Protein	g	1.14
Fat	g	0.05
Carbohydrate	g	5.1
Calcium	Mg	22
Iron	Mg	0.56
Magnesium	Mg	12
Phosphorus	Mg	21
Potassium	Mg	107
Sodium	Mg	247
Vitamin C	Mg	37
Thiamin	Mg	0.048
Riboflavin	g	0.043
Niacin	g	0.25
Folate	µg	57

Calabash Gourd White Flowers: Scientific name of Calabash is *Lagenaria siceraria*. It is also known as bottle gourd, opo squash, long melon or white-flowered gourd or calabash gourd. It belongs to Cucurbitaceae family and is native to tropical Africa. The large, showy white flowers are used for culinary purposes.

Nutrition in Raw Calabash Gourd White Flower

Nutrients	Unit	Value /100 g
Water	g	95.54
Energy	Kcal	14
Protein	g	0.62
Fat	g	0.02
Carbohydrate	g	3.39
Fiber, total dietary	g	0.5
Calcium	Mg	26
Iron	Mg	0.2
Magnesium	Mg	11
Phosphorus	Mg	13
Potassium	Mg	150
Sodium	Mg	2
Zinc	Mg	0.7
Vitamin C	Mg	10.1
Thiamin	Mg	0.029
Riboflavin	g	0.022
Niacin	g	0.32
Vitamin B-6	Mg	0.04
Folate	μg	6
Vitamin A, IU	IU	16
Fatty acids, total saturated	g	0.002
Fatty acids, total monounsaturated	g	0.004
Fatty acids, total polyunsaturated	g	0.009

**Nutrition in Cooked Calabash Gourd White Flower
(boiled, drained, without salt)**

Nutrients	Unit	Value /100 g
Water	g	95.32
Energy	Kcal	15
Protein	g	0.6
Fat	g	0.02
Carbohydrate	g	3.69
Fiber, total dietary	g	1.2
Calcium	Mg	24
Iron	Mg	0.25
Magnesium	Mg	11
Phosphorus	Mg	13
Potassium	Mg	170
Sodium	Mg	2
Zinc	Mg	0.7
Vitamin C	Mg	8.5
Thiamin	Mg	0.029
Riboflavin	g	0.022
Niacin	g	0.39
Vitamin B-6	Mg	0.038
Folate	µg	4
Fatty acids, total saturated	g	0.002
Fatty acids, total monounsaturated	g	0.004
Fatty acids, total polyunsaturated	g	0.009

Nutrition in Cooked Calabash Gourd White Flower (boiled, drained, with salt)

Nutrients	Unit	Value /100 g
Water	g	95.32
Energy	Kcal	13
Protein	g	0.6
Fat	g	0.02
Carbohydrate	g	3.1
Fiber, total dietary	g	1.2
Calcium	Mg	24
Iron	Mg	0.25
Magnesium	Mg	11
Phosphorus	Mg	13
Potassium	Mg	170
Sodium	Mg	238
Zinc	Mg	0.7
Vitamin C	Mg	8.5
Thiamin	Mg	0.029
Riboflavin	g	0.022
Niacin	g	0.39
Vitamin B-6	Mg	0.038
Folate	μg	4
Fatty acids, total saturated	g	0.002
Fatty acids, total monounsaturated	g	0.004
Fatty acids, total polyunsaturated	g	0.009

Broccoli Flower Cluster: Scientific name of Broccoli is *Brassica oleracea*.

Large flowering head of broccoli is used for culinary purposes. Broccoli may be eaten raw by adding in fresh salads, or may be boiled in soups or steam-cooked. It is rich in vitamin C and dietary fiber; has anti-viral, anti-bacterial and anti-cancer properties.

Nutrition in Raw Broccoli Flower Cluster

Nutrients	Unit	Value /100 g
Water	g	90.69
Energy	Kcal	28
Protein	g	2.98
Fat	g	0.35
Carbohydrate	g	5.24
Calcium	Mg	48
Iron	Mg	0.88
Magnesium	Mg	25
Phosphorus	Mg	66
Potassium	Mg	325
Sodium	Mg	27
Zinc	Mg	0.4
Vitamin C	Mg	93.2
Thiamin	Mg	0.065
Riboflavin	g	0.119
Niacin	g	0.638
Vitamin B-6	Mg	0.159
Folate	µg	71
Vitamin A, RAE	µg	150
Vitamin A, IU	IU	3000
Fatty acids, total saturated	g	0.054
Fatty acids, total monounsaturated	g	0.024
Fatty acids, total polyunsaturated	g	0.167

FOR FURTHER INFO...

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