

	as reported					Amino Acids	normalized to 0% water and all calcium to 1 part phosphorus				
	%DM	%protein	%fiber	%sugar	C:P		%DM	%protein	%fiber	%sugar	C:P
Alfalfa * 275	90.6	18.3	28.6	4.5	22.1:2.7	all essential	100	20.2	31.6	5	8.1:1
Cactus Chips BYH * 120	84.7	4.5	19.8		38.3:2.0		100	5.3	23.3		19.2:1
Calendula Flo ##	100	6.43		3.61			100	6.43		3.61	
Chamomile Flo ~*	100	11.56			1.85:0.39		100	11.56			4.7:1
Dandelion LL ^*	85.6	2.7	3.5	0.75	187:66		100	3.1	4.1	0.08	2.83:1
Echinacea LL ~#	100	6.8	58.87				100	6.8	58.87		
Hibiscus Flo ~ and ~~	15.5	1.9	2.3	11.1	1.72:57		100	12.2	14.8	71.6	3:01
Moringa * 124	91.2	26.8	12.2	11	25.6:3.3	all essential	100	29.4	13.4	12	10:01
Mulberry * 123	90.5	18	13.7	12.1	42.3:4.2	all essential	100	19.9	15.1	13.4	10.1:1
Nettle # and ~*	10	3.7	6.4		3.78:0.54		100	37	64		7:01
Oat straw * 12389	89.6	3.6	39.8		2.5:1.2		100	4	44		2:01
Plantain LL #*	12.3	2.29	3.88		108.1:23.4		100	18.6	32		4.6:1
Raspberry LL #^	93.3	11.3	8.2	6	1210:243		100	12.1	8.7	6.4	5:01
Red Clover * 246	89.5	18.3	27.4		13.5:9.0	all essential	100	20.4	30.6		1.5:1
Red Clover Flo * 246											
Rose Flo ##	100	7.58		10.75			100	7.58		10.75	
Rose Hips ^ and ^^	48.68	2.75	4.8	26.9	169:61		100	5.6	9.8	55	2.77:1
Violet leaf LL											
Romaine lettuce, raw ***	6.53	1.39	3.1	0.71	62:35:00		100	21	47	10.9	1.8:1
Endive, Raw ***	6.21	1.25	3.1	0.25	52:28:00		100	20	50	4	1.9:1

\* Feedipedia, node number

~ [https://hort.purdue.edu/newcrop/duke\\_energy/Hibiscus\\_sabdariffa.html](https://hort.purdue.edu/newcrop/duke_energy/Hibiscus_sabdariffa.html)

# <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4708629/D16>

^ [https://www.ars.usda.gov/ARSUserFiles/80400525/Articles/JFCA34\\_136-152.pdf](https://www.ars.usda.gov/ARSUserFiles/80400525/Articles/JFCA34_136-152.pdf)

^^ <https://core.ac.uk/download/pdf/153404476.pdf>

^\* <https://fdc.nal.usda.gov/fdc-app.html#/food-details/169226/nutrients>

~~ [https://www.researchgate.net/publication/318854314\\_Hibiscus\\_sabdariffa\\_L\\_as\\_a\\_source\\_of\\_nutrients\\_bioactive\\_compounds\\_and\\_colouring\\_agent](https://www.researchgate.net/publication/318854314_Hibiscus_sabdariffa_L_as_a_source_of_nutrients_bioactive_compounds_and_colouring_agent):

~\* [https://www.researchgate.net/profile/Ina\\_Aneva/publication/284019736\\_DISTRIBUTION\\_OF\\_SIDERITIS\\_RAESERI\\_BOISS\\_ET\\_HELDR\\_IN\\_ALBANIA\\_-\\_STATE\\_OF\\_ITS\\_POPULATIONS\\_AND\\_RECOMMENDATIONS\\_FOR\\_CONS](https://www.researchgate.net/profile/Ina_Aneva/publication/284019736_DISTRIBUTION_OF_SIDERITIS_RAESERI_BOISS_ET_HELDR_IN_ALBANIA_-_STATE_OF_ITS_POPULATIONS_AND_RECOMMENDATIONS_FOR_CONS)

#\* [https://www.researchgate.net/publication/261618820\\_Nutritional\\_composition\\_of\\_Plantago\\_species\\_P-major\\_L\\_P-lanceolata\\_L\\_and\\_P-media\\_](https://www.researchgate.net/publication/261618820_Nutritional_composition_of_Plantago_species_P-major_L_P-lanceolata_L_and_P-media_)

#^ [https://www.herballegacy.com/Corless\\_Chemical.html](https://www.herballegacy.com/Corless_Chemical.html)

~# <https://ojs.ethnobiology.org/index.php/ebl/article/view/1219/645> The species reported on is *E. angustifolia* and combines results for stem, leaf, and flower.

## <https://bibliotecadigital.ipb.pt/bitstream/10198/15301/1/85.pdf>

\*\*\* <https://fdc.nal.usda.gov/>