Purslane has the Highest Level of Omega-3 Fatty Acid Essential for Human Nutrition

This plant will help vegans get much-needed omega-3s, fatty acids usually found in meat, says functional medicine doctor Mark Hyman, M.D. Hyman spoke to the mindbodygreen podcast about purslane. “If you’re a vegan, purslane is an incredible weed,” he says. Purslane includes two types of omega-3s, alpha-linolenic acid (ALA) and eicosapentaenoic acid (EPA). The plant has exceptional levels of ALA, five to seven more times than spinach!

“Purslane has the highest level of alpha-linolenic acid, which is an omega-3 fatty acid essential for human nutrition, compared to any leafy green vegetable,” one report shared. Purslane is also full of vitamins A, C, and B, not to mention potassium, magnesium, calcium, and iron.

Purslane tastes a little like watercress and spinach. Try it out in this Eggplant and Purslane Pilaf With Peanuts [Vegan] and Quinoa Salad with Figs, Purslane, and Goji Berries [Vegan] or even add purslane to sandwiches or stir-fries.