

# What is sorrel?

Sorrel is a leafy green / herb which grows easily in many different soils and weather conditions. The leaves are similar in appearance to spinach but larger. Leaves grow individually, not from a central above ground stem, like in most other plants.

The leaves and stems have a sour/lemony taste. Many people are reminded of sour grass when they first taste sorrel. Both plants have a high level of oxalic acid, giving them the lemony taste.

Sorrel is eaten in numerous countries around the world, both fresh and cooked.

## Nutrition Facts

Sorrel

Amount Per 1 cup, chopped (133 g) ▾

Calories 29

% Daily Value\*

Total Fat 0.9 g 1%

Cholesterol 0 mg 0%

Sodium 5 mg 0%

Potassium 519 mg 14%

Total Carbohydrate 4.3 g 1%

Dietary fiber 3.9 g 15%

Protein 2.7 g 5%

Vitamin A 106% Vitamin C 106%

Calcium 5% Iron 17%

Vitamin D 0% Vitamin B-6 10%

Vitamin B-... 0% Magnesium 34%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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