

# Yarrow, Speedwell And Dandelion

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/dandelion-leaves-indian-recipe>

## Ingredients:

- 1 handful yarrow leaves young, that are picked in March / April
- 1 handful leaves speedwell: flowers and
- 1 handful dandelion : flowers and leaves
- 1 onion small, chopped
- 1 clove garlic finely chopped
- 1/2 cup soup or water {that's approx. 1/2 cup or 4 fluid ounces}
- salt
- pepper
- spices
- rosemary
- thyme
- turmeric
- cumin
- 1 tablespoon sour cream or whipped cream

## Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 5 milligrams
4. Fat: 2 grams
5. Fiber: 3 grams
6. Protein: 3 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 260 milligrams
9. Sugar: 2 grams

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