



Amaranth

Amaranth seeds may trigger IgE-mediated allergy, primarily via storage proteins (e.g., Amaranthin). Symptoms range from mild oral itching to anaphylaxis; rare but documented. Cross-reactivity with quinoa or other pseudocereals possible.

Nutrients

Recipe preparation steps

n.syn Skin rash, Hives, Swelling, Itching, Digestive Issues, Difficulty Breathing, Anaphylaxis

en.h Avoidance, Antihistamines, Epinephrine Auto-Injector, Medical Consultation, Emergency Care, Reading Labels, Dietary alternatives

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