

# Is It Harmful to Eat Sprouted Garlic? Can These Vegetables Sprouts Be Eaten?

When you buy garlic, you usually do not just buy one, and you won't run out of a lot of garlic when you buy it. You may find that the garlic has sprouted in a few days. Many people know that potatoes can't be eaten after germination. Can garlic still be eaten after it sprouted? Can ginger sprouts be eaten? Today, let's see if these three common vegetables can be eaten after germination.

## Can garlic be eaten after germination?

Garlic can still be eaten after germination, but at this time it is necessary to look at it in two parts. After the garlic sprouts, the nutrients of the garlic head are absorbed by the garlic sprouts. The longer the garlic seedlings grow, the more the garlic heads shrink.

Garlic: The nutrition of garlic after germination will actually be discounted, the volume is not as large as before, and the taste is not as crisp and fragrant as before. But as long as the garlic is not moldy and rotten, it is edible and has no effect on health.

Garlic seedlings: The garlic sprouts form the garlic seedlings. The nutrition of garlic seedlings is more abundant, and even more healthy substances are added. For example, the antioxidants contained in garlic seedlings are very beneficial to heart health. People with cardiovascular disease eat more garlic seedlings, which is very good for the body.

## Can the potatoes sprout still eat?

Potatoes have a wide range of applications. Potatoes can not only be served cold, but also fried, fried, and stewed. Especially northern families like to buy many potatoes at home and store them at home. But the potatoes that have been put on for a long time are easily greened and sprouted. Can they still be eaten at this time?

After the potato skin is green and sprouted, it produces a toxin called solanine. Long-term consumption of food containing solanine may cause poisoning reactions, such as nausea and vomiting. But others have said, why have I eaten sprouted potatoes without any bad reaction? It is true that any toxic food needs to reach a certain amount to cause toxic reactions. Therefore, no adverse reactions do not mean good for the body. For your own health, it is best not to eat sprouted potatoes.

## Can ginger sprout still be eaten?

We buy ginger for seasoning, we usually choose older ginger. But have you ever found that there is actually a kind of relatively tender ginger in the ginger sold on the market, and it is easy to have tender shoots on the tender ginger. In fact, ginger can still be eaten after germination, but if there is too much germination, the nutritional content of ginger will be reduced, and the taste is not so spicy.

If everyone just seasons with ginger, there is no problem eating sprouted ginger. But if everyone makes ginger for nutrition, try not to eat sprouted ginger.

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