

Amaranth Lentil Spirulina Pepper

(4 Servings)



Ingredients:

50.0 grams Seaweed, spirulina, dried
650.0 grams Lentils, mature seeds, cooked, boiled, without salt
650.0 grams Amaranth grain, cooked
300.0 grams Peppers, sweet, green
70.0 grams Oil, canola
2.0 grams Spices, celery seed

Preparation/Cooking Instructions:

Cook 2 cups amaranth + 3 cups water for 20 minutes (boil then simmer).

Place oil in wok, cook peppers and mix rest of ingredients (including cooked lentils) on medium high for 3 minutes.

Optional: Add vinegar and hot pepper (fresh or dried) to taste.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.16995494
Sweetness: 0.01844659
Sourness: 0.13170211
Bitterness: 0.124467865
Umami: 0.039641403
Richness: 0.05093229

Glycemic Load & Inflammation Profile:

Inflammation Load: 105.24028
Glycemic Load: 36.15174
Protein Completeness 4.6023297

Nutritional Content Per Serving:

Protein : 28.7966, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 21.92635, g
Carbohydrate, by difference : 71.30175, g
Ash : 3.6576002, g
Energy : 568.16003, kcal
---Energy : 2383.405, kj
Starch : 26.373749, g
Sugars, total : 5.7083497, g
---Sucrose : 0.112500004, g
---Glucose (dextrose) : 1.1624999, g
---Fructose : 1.125, g
---Lactose : 0.0, g
---Maltose : 0.0, g
Alcohol, ethyl : 0.0, g
Fiber, total dietary : 17.659, g
Water : 304.81772, g
Caffeine : 0.0, mg
Theobromine : 0.0, mg
Galactose : 0.0, g

Calcium, Ca : 137.835, mg, OUT OF BOUNDS: TOO LOW VS. 333.3333251953125
 Iron, Fe : 12.9557495, mg
 Magnesium, Mg : 198.2, mg
 Phosphorus, P : 563.985, mg
 Potassium, K : 1120.875, mg, OUT OF BOUNDS: TOO LOW VS. 1566.66669921875
 Sodium, Na : 146.3, mg, OUT OF BOUNDS: TOO LOW VS. 500.0
 Zinc, Zn : 3.8359, mg
 Copper, Cu : 1.4681001, mg
 Fluoride, F : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
 Manganese, Mn : 2.552085, mg
 Selenium, Se : 14.673, mcg, OUT OF BOUNDS: TOO LOW VS. 15.0
 Vitamin A, IU : 435.51, IU, OUT OF BOUNDS: TOO LOW VS. 694.333349609375
 Retinol : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 300.0
 Vitamin A, RAE mcg_RAEVitamin A, : 20.89, RAE, OUT OF BOUNDS: TOO LOW VS. 694.333349609375
 Carotene, beta : 249.03, mcg
 Carotene, alpha : 19.5, mcg
 Thiamin (B-1) : 0.64245003, mg
 Riboflavin (B-2) : 0.63707495, mg
 Niacin (B-3) : 4.0799246, mg
 Pantothenic acid (B-5) : 1.531, mg, OUT OF BOUNDS: TOO LOW VS. 1.666666603088379
 Vitamin B-6 (Pyridoxal) : 0.69757503, mg
 Folate, total : 353.675, mcg, OUT OF BOUNDS: TOO HIGH VS. 333.3333251953125
 Vitamin B-12 (Cobalamin) : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 0.6666666507720947
 ---Vitamin B-12 : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 0.6666666507720947
 Vitamin C, total ascorbic acid : 59.585503, mg
 Vitamin D : 0.0, IU, OUT OF BOUNDS: TOO LOW VS. 66.66666870117187
 Vitamin E : 0.0, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 ---Vitamin E (alpha-tocopherol) : 4.54835, mg
 Vitamin K (phylloquinone) : 25.7775, mcg, OUT OF BOUNDS: TOO LOW VS. 40.0
 Cholesterol : 0.0, mg
 Choline, total : 67.096, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
 Cryptoxanthin, beta : 6.0, mcg
 Lutein + zeaxanthin : 323.25, mcg
 Lycopene (prevents UV damage) : 0.0, mcg
 Tocopherol, beta : 0.61925, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, gamma : 4.87325, mg
 Tocopherol, delta : 0.56325, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
 Folate, food : 353.675, mcg
 Folate, DFE mcg_DFEFolate, : 317.925, DFE
 Betaine : 0.0, mg
 Alanine g (helps enlarged : 1.2055, prostate)
 Arginine g (good for mitigating fatty : 1.684, liver), OUT OF BOUNDS: TOO HIGH VS. 0.3333333253860474
 Aspartic acid : 2.444875, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947
 Cystine : 0.28800002, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474

Glutamic acid : 3.413125, g
 Glycine : 1.00925, g
 Histidine : 0.562625, g
 Isoleucine : 1.057375, g
 Leucine : 1.7171249, g
 Lysine : 1.432625, g
 Methionine : 0.277, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
 Phenylalanine : 1.092, g
 Proline : 0.940375, g
 Hydroxyproline : 0.0, g
 Serine : 1.0785, g
 Tryptophan : 0.25675, g
 Threonine : 0.9216251, g
 Tyrosine : 0.728875, g
 Valine : 1.1962501, g
 Fatty acids, total trans : 0.069125004, g
 ---Fatty acids, total trans-monoenoic : 0.00525, g
 16:1 t (trans-Palmitoleic acid) : 0.0, g
 18:1 t (trans-Oleic acid) : 0.00525, g
 22:1 t (trans-Erucic acid) : 0.0, g
 ---Fatty acids, total trans-polyenoic : 0.063875, g, OUT OF BOUNDS: TOO HIGH VS.
 0.03333333432674408
 18:2 t not further defined : 0.0, g
 18:2 t,t : 0.063875, g
 Fatty acids, total saturated : 1.73895, g
 4:0 (Butyric acid) : 0.0, g
 6:0 (Caproic acid) : 0.0, g
 8:0 (Caprylic acid: melts @ 16.3 deg C) : 0.0, g
 10:0 (Capric acid: melts @ 31.3 deg C) : 1.0E-4, g
 12:0 (Lauric acid) : 1.0E-4, g
 13:0 : 0.0, g
 14:0 (Myristic acid) : 0.0111, g
 15:0 (Pentadecanoic acid) : 0.0, g
 16:0 (Palmitic acid) : 1.160225, g
 17:0 (Margaric acid) : 0.0, g
 18:0 (Stearic acid) : 0.39017498, g
 20:0 (Arachidic acid) : 0.113749996, g
 24:0 (Lignoceric acid) : 0.0, g
 22:0 (Behenic acid) : 0.05775, g
 Fatty acids, total monounsaturated : 11.247075, g
 14:1 : 0.0, g
 15:1 : 0.0, g
 16:1 undifferentiated : 0.082025, g
 16:1 (Palmitoleic acid) c : 0.0, g
 17:1 : 0.0, g
 18:1 undifferentiated : 11.033949, g
 18:1 (Oleic acid) c : 10.79995, g

20:1 : 0.23492502, g
22:1 undifferentiated : 0.0, g
24:1 c (Nervonic acid) : 0.0, g
22:1 c (Erucic acid) : 0.0, g
Fatty acids, total polyunsaturated : 5.28295, g
18:2 ---undifferentiated (n-6=Linoleic acid) : 3.7948499, g
18:2 n-6 c,c (Linoleic acid) : 3.2619998, g
18:2 i : 0.0, g
18:2 CLAs : 0.0, g
18:3 ---undifferentiated (n-3=a-Linolenic acid) : 1.770475, g
18:3 n-3 c,c,c (a-Linolenic acid) : 1.598975, g
18:3 n-6 c,c,c (Linolenic acid) : 0.0, g
18:3i : 0.0, g
18:4 : 0.0, g
20:2 n-6 c,c : 0.0, g
20:3 undifferentiated : 0.0, g
20:3 n-3 : 0.0, g
20:3 n-6 : 0.0, g
20:4 undifferentiated : 0.0, g
20:4 n-6 (Arachidonic acid) : 0.0, g
20:5 n-3 (EPA: Eicosapentanoic acid) : 0.0, g
21:5 : 0.0, g
22:4 : 0.0, g
22:5 n-3 : 0.0, g
22:6 n-3 (DHA: Docosahexanoic acid) : 0.0, g
Phytosterols : 7.05, mg, OUT OF BOUNDS: TOO LOW VS. 50.0
---Stigmasterol (a phytosterol) : 0.525, mg
---Campesterol (a phytosterol) : 42.175, mg
Beta-sitosterol : 72.275, mg

Number of nutrients above maximum target limits: 4

Number of nutrients within target limits: 115

Number of nutrients below minimum target limits: 21