

Bean Amaranth Quinoa Hemp

(1 Serving)



Ingredients:

100.0 grams Beans, kidney, all types, mature seeds, cooked, boiled, without salt
50.0 grams Spinach, cooked, boiled, drained, without salt
100.0 grams Onions, cooked, boiled, drained, without salt
100.0 grams Tomatoes, red, ripe, cooked
100.0 grams Amaranth grain, cooked
100.0 grams Quinoa, cooked
100.0 grams Avocados, raw, all commercial varieties

(Analysis below uses only ingredients above because hemp is not included in USDA nutritional database).

50.0 grams hemp protein powder (this adds 20 grams of protein to what is stated below).

Preparation/Cooking Instructions:

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

Place oil in wok, cook onions and spinach briefly.

Mix the rest of the ingredients (including cooked beans) on medium high for 3 minutes.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.12817787
Sweetness: 0.017653828
Sourness: 0.065910414
Bitterness: 0.07172654
Umaminess: 0.023473078
Richness: 0.029369231

Glycemic Load & Inflammation Profile:

Inflammation Load: 340.86902
Glycemic Load: 49.92537
Protein Completeness 4.2439165

Nutritional Content Per Serving:

Protein : 22.664999, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 19.09, g
Carbohydrate, by difference : 87.354996, g
Ash : 6.1449995, g
Energy : 582.5, kcal
---Energy : 2439.0, kj
Starch : 33.97, g
Sugars, total : 8.415, g
---Sucrose : 1.16, g
---Glucose (dextrose) : 3.7399998, g
---Fructose : 2.87, g
---Lactose : 0.0, g
---Maltose : 0.0, g
Alcohol, ethyl : 0.0, g
Fiber, total dietary : 21.3, g
Water : 514.745, g
Caffeine : 0.0, mg
Theobromine : 0.0, mg
Galactose : 0.1, g
Calcium, Ca : 212.0, mg, OUT OF BOUNDS: TOO LOW VS. 333.3333251953125

Iron, Fe : 9.065, mg
 Magnesium, Mg : 263.5, mg, OUT OF BOUNDS: TOO HIGH VS. 256.6666748046875
 Phosphorus, P : 581.0, mg
 Potassium, K : 1814.0, mg
 Sodium, Na : 70.0, mg, OUT OF BOUNDS: TOO LOW VS. 500.0
 Zinc, Zn : 4.32, mg
 Copper, Cu : 0.976, mg
 Fluoride, F : 25.9, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
 Manganese, Mn : 2.7825, mg
 Selenium, Se : 11.65, mcg, OUT OF BOUNDS: TOO LOW VS. 15.0
 Vitamin A, IU : 5882.5, IU, OUT OF BOUNDS: TOO HIGH VS. 3333.333203125
 Retinol : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 300.0
 Vitamin A, RAE mcg_RAE Vitamin A, : 293.0, RAE, OUT OF BOUNDS: TOO LOW VS.
 694.333349609375
 Carotene, beta : 3500.0, mcg, OUT OF BOUNDS: TOO HIGH VS. 1000.0
 Carotene, alpha : 24.0, mcg
 Thiamin (B-1) : 0.47449997, mg
 Riboflavin (B-2) : 0.48299998, mg
 Niacin (B-3) : 3.9050002, mg, OUT OF BOUNDS: TOO LOW VS. 4.0
 Pantothenic acid (B-5) : 1.9235001, mg
 Vitamin B-6 (Pyridoxal) : 0.94200003, mg
 Folate, total : 376.0, 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 : 44.1, 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) : 4.54, mg
 Vitamin K (phylloquinone) : 279.5, mcg
 Cholesterol : 0.0, mg
 Choline, total : 68.25, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
 Cryptoxanthin, beta : 28.0, mcg
 Lutein + zeaxanthin : 6023.0, mcg
 Lycopene (prevents UV damage) : 3041.0, mcg
 Tocopherol, beta : 0.47, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, gamma : 2.6999998, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, delta : 0.39000002, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
 Folate, food : 376.0, mcg
 Folate, DFE mcg_DFE Folate, : 354.0, DFE
 Betaine : 45.3, mg
 Alanine g (helps enlarged : 0.8275, prostate)
 Arginine g (good for mitigating fatty : 1.1960001, liver), OUT OF BOUNDS: TOO HIGH VS.
 0.3333333253860474
 Aspartic acid : 2.022, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947
 Cystine : 0.22649999, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
 Glutamic acid : 3.0515, g

Glycine : 0.824, g
Histidine : 0.48499998, g
Isoleucine : 0.801, g
Leucine : 1.3425, g
Lysine : 1.173, g
Methionine : 0.2945, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
Phenylalanine : 1.058, g
Proline : 0.954, g
Hydroxyproline : 0.0, g
Serine : 0.95550007, g
Tryptophan : 0.229, g
Threonine : 0.6465, g
Tyrosine : 0.44550002, g
Valine : 0.934, g
Fatty acids, total trans : 0.0, g
---Fatty acids, total trans-monoenoic : 0.0, g
16:1 t (trans-Palmitoleic acid) : 0.0, g
18:1 t (trans-Oleic acid) : 0.0, g
22:1 t (trans-Erucic acid) : 0.0, g
---Fatty acids, total trans-polyenoic : 0.0, g
18:2 t not further defined : 0.0, g
18:2 t,t : 0.0, g
Fatty acids, total saturated : 2.2665, g
4:0 (Butyric acid) : 0.0, g
6:0 (Caproic acid) : 0.0, g
8:0 (Caprylic acid: melts @ 16.3 deg C) : 0.0010, g
10:0 (Capric acid: melts @ 31.3 deg C) : 0.0, g
12:0 (Lauric acid) : 0.0, g
13:0 : 0.0, g
14:0 (Myristic acid) : 0.0040, g
15:0 (Pentadecanoic acid) : 0.0, g
16:0 (Palmitic acid) : 2.1955001, g
17:0 (Margaric acid) : 0.0, g
18:0 (Stearic acid) : 0.064500004, g
20:0 (Arachidic acid) : 0.0, g
24:0 (Lignoceric acid) : 0.0, g
22:0 (Behenic acid) : 0.0, g
Fatty acids, total monounsaturated : 9.844999, g
14:1 : 0.0, g
15:1 : 0.0, g
16:1 undifferentiated : 0.7005, g
16:1 (Palmitoleic acid) c : 0.0, g
17:1 : 0.01, g
18:1 undifferentiated : 9.1495, g
18:1 (Oleic acid) c : 0.0, g
20:1 : 0.025, 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 : 1.9875, g
 18:2 ---undifferentiated (n-6=Linoleic acid) : 1.9025, g, OUT OF BOUNDS: TOO LOW VS. 2.3933332443237303
 18:2 n-6 c,c (Linoleic acid) : 0.0, g, OUT OF BOUNDS: TOO LOW VS. 2.3933332443237303
 18:2 i : 0.0, g
 18:2 CLAs : 0.0, g
 18:3 ---undifferentiated (n-3=a-Linolenic acid) : 0.347, g, OUT OF BOUNDS: TOO LOW VS. 0.6
 18:3 n-3 c,c,c (a-Linolenic acid) : 0.111, g, OUT OF BOUNDS: TOO LOW VS. 0.6
 18:3 n-6 c,c,c (Linolenic acid) : 0.015, g
 18:3i : 0.0, g
 18:4 : 0.0, g
 20:2 n-6 c,c : 0.0, g
 20:3 undifferentiated : 0.016, 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 : 27.0, mg, OUT OF BOUNDS: TOO LOW VS. 50.0
 ---Stigmasterol (a phytosterol) : 2.0, mg
 ---Campesterol (a phytosterol) : 5.0, mg
 Beta-sitosterol : 76.0, mg

Number of nutrients above maximum target limits: 6
 Number of nutrients within target limits: 111
 Number of nutrients below minimum target 23