

Black And Lima Bean Burgers (Serves 4)



Ingredients:

500.0 grams Beans, black, mature seeds, cooked, boiled, without salt
57.0 grams Onions, cooked, boiled, drained, without salt
100.0 grams Seeds, sesame butter, tahini, from raw and stone ground kernels
500.0 grams Lima beans, large, mature seeds, cooked, boiled, without salt
1.0 grams Spices, garlic powder
1.0 grams Spices, pepper, black
500.0 grams Seeds, pumpkin and squash seeds, whole, roasted, without salt
0.25 grams Salt, table

Preparation/Cooking Instructions:

Boil beans for 5 minutes, replace water, reboil then simmer for 30 minutes or until tender.
Blend ingredients in food processor & bake for 25 minutes @ 440 degrees F.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.14119293
Sweetness: 0.009522841
Sourness: 0.002590384
Bitterness: 0.3112899
Umaminess: 0.09859569
Richness: 0.09025054

Glycemic Load & Inflammation Profile (Per Serving):

Inflammation Load: 440.99063
Glycemic Load: 34.03332
Complete Protein (grams) 8.507642

Nutritional Content Per Serving:

Protein : 32.48503, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 24.958033, g
Carbohydrate, by difference : 87.508484, g
Ash : 6.013167, g
Energy : 677.6566, kcal
---Energy : 2835.7349, kj
Starch : 0.0, g
Sugars, total : 2.8711336, g
---Sucrose : 0.10791667, g
---Glucose (dextrose) : 0.20816667, g
---Fructose : 0.13731667, g
---Lactose : 0.0, g
---Maltose : 0.0, g
Alcohol, ethyl : 0.0, g
Fiber, total dietary : 30.158833, g
Water : 125.56671, g
Caffeine : 0.0, mg
Theobromine : 0.0, mg
Galactose : 0.0, g
Calcium, Ca : 155.45999, mg, OUT OF BOUNDS: TOO LOW VS. 333.3333251953125

Iron, Fe : 6.9987874, mg
 Magnesium, Mg : 329.99707, mg, OUT OF BOUNDS: TOO HIGH VS. 256.6666748046875
 Phosphorus, P : 415.47, mg
 Potassium, K : 1573.86, mg
 Sodium, Na : 46.440834, mg, OUT OF BOUNDS: TOO LOW VS. 500.0
 Zinc, Zn : 11.109009, mg
 Copper, Cu : 1.2238108, mg
 Fluoride, F : 1.8911668, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
 Manganese, Mn : 1.4817499, mg
 Selenium, Se : 4.8520417, mcg, OUT OF BOUNDS: TOO LOW VS. 15.0
 Vitamin A, IU : 68.52167, 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_RAE Vitamin A, : 3.025, RAE, OUT OF BOUNDS: TOO LOW VS. 694.333349609375
 Carotene, beta : 0.355, mcg
 Carotene, alpha : 0.0, mcg
 Thiamin (B-1) : 0.58456326, mg
 Riboflavin (B-2) : 0.22615336, mg, OUT OF BOUNDS: TOO LOW VS. 0.36666667461395264
 Niacin (B-3) : 2.016405, mg, OUT OF BOUNDS: TOO LOW VS. 4.0
 Pantothenic acid (B-5) : 0.72764003, mg, OUT OF BOUNDS: TOO LOW VS. 1.666666603088379
 Vitamin B-6 (Pyridoxal) : 0.26291168, mg, OUT OF BOUNDS: TOO LOW VS. 0.36666667461395264
 Folate, total : 218.68668, mcg
 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 : 0.78099996, mg, OUT OF BOUNDS: TOO LOW VS. 25.0
 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) : 0.15421668, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Vitamin K (phylloquinone) : 1.9876666, mcg, OUT OF BOUNDS: TOO LOW VS. 40.0
 Cholesterol : 0.0, mg
 Choline, total : 27.860666, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
 Cryptoxanthin, beta : 0.08, mcg
 Lutein + zeaxanthin : 0.7216667, mcg
 Lycopene (prevents UV damage) : 0.01, mcg
 Tocopherol, beta : 0.0, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, gamma : 0.0075999997, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, delta : 1.5E-4, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
 Folate, food : 218.68668, mcg
 Folate, DFE mcg_DFE Folate, : 218.68668, DFE
 Betaine : 0.024999999, mg
 Alanine g (helps enlarged : 1.5304184, prostate)
 Arginine g (good for mitigating fatty : 3.8598266, liver), OUT OF BOUNDS: TOO HIGH VS. 0.3333333253860474
 Aspartic acid : 3.5781803, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947

Cystine : 0.40436834, g
Glutamic acid : 5.453163, g
Glycine : 1.90379, g
Histidine : 0.923195, g
Isoleucine : 1.5979166, g
Leucine : 2.69394, g
Lysine : 2.2001216, g
Methionine : 0.64006335, g
Phenylalanine : 1.7048666, g
Proline : 1.38008, g
Hydroxyproline : 0.0, g
Serine : 1.723975, g
Tryptophan : 0.502935, g
Threonine : 1.2877584, g
Tyrosine : 1.208305, g
Valine : 2.1898901, 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 : 4.37366, 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) : 0.0, g
12:0 (Lauric acid) : 0.015883334, g
13:0 : 0.0, g
14:0 (Myristic acid) : 0.03937, g
15:0 (Pentadecanoic acid) : 0.0, g
16:0 (Palmitic acid) : 2.860495, g
17:0 (Margaric acid) : 0.0, g
18:0 (Stearic acid) : 1.349365, g
20:0 (Arachidic acid) : 0.0, g
24:0 (Lignoceric acid) : 0.0, g
22:0 (Behenic acid) : 4.6666668E-5, g
Fatty acids, total monounsaturated : 8.052273, g
14:1 : 0.0, g
15:1 : 0.0, g
16:1 undifferentiated : 0.060666665, g
16:1 (Palmitoleic acid) c : 0.0, g
17:1 : 0.0, g
18:1 undifferentiated : 8.038092, g
18:1 (Oleic acid) c : 1.7666665E-4, g

20:1 : 0.011166667, g
 22:1 undifferentiated : 0.0016666668, g
 24:1 c (Nervonic acid) : 1.4999999E-5, g
 22:1 c (Erucic acid) : 0.0, g
 Fatty acids, total polyunsaturated : 10.885615, g
 18:2 ---undifferentiated (n-6=Linoleic acid) : 10.953338, g
 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) : 0.25616667, g, OUT OF BOUNDS: TOO LOW VS. 0.6
 18:3 n-3 c,c,c (a-Linolenic acid) : 2.0E-5, g, OUT OF BOUNDS: TOO LOW VS. 0.6
 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 : 3.6666665E-5, 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 : 1.8766667, mg, OUT OF BOUNDS: TOO LOW VS. 50.0
 ---Stigmasterol (a phytosterol) : 0.0, mg
 ---Campesterol (a phytosterol) : 0.0, mg
 Beta-sitosterol : 0.0, mg

Number of nutrients above maximum target limits: 3
 Number of nutrients within target limits: 110
 Number of nutrients below minimum target limits: 27