

Blackeye Pea Kale Avocado Polenta (Serves 4)



Ingredients:

1000.0 grams Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled
400.0 grams Kale, frozen, cooked, boiled, drained, without salt
400.0 grams Avocados, raw, all commercial varieties
5.0 grams Salt, table
200.0 grams Corn flour, whole-grain, yellow: polenta

Preparation/Cooking Instructions:

Boil blackeye peas for 5 minutes, replace water, reboil then simmer for 30 minutes or until tender.
Boil polenta with 2:1 water until thick and creamy.
Lightly stir fry kale.
Peel avocado and remove seed.
Mix all ingredients.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.2251146
Sweetness: 0.017195169
Sourness: 0.06931208
Bitterness: 0.1169715
Umami: 0.041755613
Richness: 0.036189526

Glycemic Load & Inflammation Profile (Per Serving):

Inflammation Load: 1029.9551
Glycemic Load: 29.409782
Complete Protein (grams) 5.3354425

Nutritional Content Per Serving:

Protein : 23.765, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 18.14, g
Carbohydrate, by difference : 93.705, g
Ash : 6.3725, g
Energy : 602.5, kcal
---Energy : 2517.0, kj
Starch : 0.11, g
Sugars, total : 8.92, g
---Sucrose : 0.06, g
---Glucose (dextrose) : 0.37, g
---Fructose : 0.12, g
---Lactose : 0.0, g
---Maltose : 0.0, g
Alcohol, ethyl : 0.0, g
Fiber, total dietary : 25.35, g
Water : 309.2675, g
Caffeine : 0.0, mg

Theobromine : 0.0, mg
 Galactose : 0.1, g
 Calcium, Ca : 201.8, mg, OUT OF BOUNDS: TOO LOW VS. 333.3333251953125
 Iron, Fe : 7.7041254, mg
 Magnesium, Mg : 199.5125, mg
 Phosphorus, P : 528.0, mg
 Potassium, K : 1519.6, mg, OUT OF BOUNDS: TOO LOW VS. 1566.66669921875
 Sodium, Na : 516.975, mg
 Zinc, Zn : 4.26625, mg
 Copper, Cu : 0.888375, mg
 Fluoride, F : 7.025, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
 Manganese, Mn : 1.77325, mg
 Selenium, Se : 14.001249, mcg, OUT OF BOUNDS: TOO LOW VS. 15.0
 Vitamin A, IU : 14987.0, 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, : 749.5, RAE
 Carotene, beta : 8951.5, mcg, OUT OF BOUNDS: TOO HIGH VS. 1000.0
 Carotene, alpha : 55.5, mcg
 Thiamin (B-1) : 0.6370001, mg
 Riboflavin (B-2) : 0.394, mg
 Niacin (B-3) : 4.35, mg
 Pantothenic acid (B-5) : 2.593, mg
 Vitamin B-6 (Pyridoxal) : 0.728, mg
 Folate, total : 523.5, 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 : 36.0, 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) : 3.76, mg
 Vitamin K (phylloquinone) : 906.55005, mcg
 Cholesterol : 0.0, mg
 Choline, total : 89.9, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
 Cryptoxanthin, beta : 28.0, mcg
 Lutein + zeaxanthin : 20645.5, mcg, OUT OF BOUNDS: TOO HIGH VS. 20000.0
 Lycopene (prevents UV damage) : 0.0, mcg
 Tocopherol, beta : 0.05, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, gamma : 0.33, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, delta : 0.02, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
 Folate, food : 523.5, mcg
 Folate, DFE mcg_DFE Folate, : 523.5, DFE
 Betaine : 1.0, mg
 Alanine g (helps enlarged : 1.2149999, prostate)
 Arginine g (good for mitigating fatty : 1.4885, liver), OUT OF BOUNDS: TOO HIGH VS.
 0.3333333253860474
 Aspartic acid : 2.5970001, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947

Cystine : 0.2975, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
 Glutamic acid : 4.186, g
 Glycine : 1.0209999, g
 Histidine : 0.69449997, g
 Isoleucine : 1.006, g
 Leucine : 1.951, g
 Lysine : 1.4454999, g
 Methionine : 0.3575, g
 Phenylalanine : 1.4499999, g
 Proline : 1.2635, g
 Hydroxyproline : 0.0, g
 Serine : 1.1725, g
 Tryptophan : 0.2745, g
 Threonine : 0.91850007, g
 Tyrosine : 0.791, g
 Valine : 1.1745, 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 : 2.7364998, 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) : 0.0020, g
 13:0 : 0.0, g
 14:0 (Myristic acid) : 0.0040, g
 15:0 (Pentadecanoic acid) : 0.0, g
 16:0 (Palmitic acid) : 2.5715, g
 17:0 (Margaric acid) : 0.0, g
 18:0 (Stearic acid) : 0.1255, 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 : 10.344, g
 14:1 : 0.0, g
 15:1 : 0.0, g
 16:1 undifferentiated : 0.70350003, g
 16:1 (Palmitoleic acid) c : 0.0, g
 17:1 : 0.01, g
 18:1 undifferentiated : 9.6795, g
 18:1 (Oleic acid) c : 0.0, g

20:1 : 0.027, g
22:1 undifferentiated : 0.01, g
24:1 c (Nervonic acid) : 0.0, g
22:1 c (Erucic acid) : 0.0, g
Fatty acids, total polyunsaturated : 2.9304998, g
18:2 ---undifferentiated (n-6=Linoleic acid) : 2.909, 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) : 0.4425, 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 : 0.0010, 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 : 0.0, 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: 115
Number of nutrients below minimum target limits: 19