

Brussels Sprouts & Creamy Caraway Mustard Sauce

(Serves 4)



Ingredients:

800.0 grams Brussels sprouts, cooked, boiled, drained, without salt
20.0 grams Oil, canola
20.0 grams Oil, olive, salad or cooking
20.0 grams Spices, mustard seed, ground
6.0 grams Salt, table
9.0 grams Vinegar, cider
15.0 grams Spices, caraway seed

Ingredients Preparation/Cooking Instructions:

Boil and steam (covered) brussels sprouts in enough water to almost cover them until tender (about 10-15 minutes).

Add remaining ingredients, mix and simmer for 10 minutes.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.28753713
Sweetness: 0.016333904
Sourness: 0.5305816
Bitterness: 0.0423693
Umami: 0.008586235
Richness: 0.06004101

Glycemic Load & Inflammation Profile:

Inflammation Load: 238.78796
Glycemic Load: 4.209454
Complete Protein (g) 1.3361008

Nutritional Content Per Serving:

Protein : 7.145375, g, OUT OF BOUNDS: TOO LOW VS. 18.666667175292968
---Adjusted Protein : 0.0, g
Total lipid (fat) : 13.359125, g, OUT OF BOUNDS: TOO LOW VS. 15.0
Carbohydrate, by difference : 17.496674, g, OUT OF BOUNDS: TOO LOW VS. 43.333334350585936
Ash : 3.8374498, g
Energy : 198.76, kcal, OUT OF BOUNDS: TOO LOW VS. 566.666650390625
---Energy : 830.4625, kj, OUT OF BOUNDS: TOO LOW VS. 2372.5201171875
Starch : 0.0, g
Sugars, total : 3.8525, g
---Sucrose : 0.18450001, g
---Glucose (dextrose) : 0.14625001, g
---Fructose : 0.007750001, g
---Lactose : 0.0, g
---Maltose : 0.0, g
Alcohol, ethyl : 0.0, g
Fiber, total dietary : 7.235, g, OUT OF BOUNDS: TOO LOW VS. 10.0
Water : 180.54736, g
Caffeine : 0.0, mg
Theobromine : 0.0, mg
Galactose : 0.010000001, g

Calcium, Ca : 111.70501, mg, OUT OF BOUNDS: TOO LOW VS. 333.3333251953125
Iron, Fe : 3.506575, mg
Magnesium, Mg : 68.3025, mg, OUT OF BOUNDS: TOO LOW VS. 110.0
Phosphorus, P : 174.87999, mg, OUT OF BOUNDS: TOO LOW VS. 193.33333740234374
Potassium, K : 723.375, mg, OUT OF BOUNDS: TOO LOW VS. 1566.66669921875
Sodium, Na : 624.87, mg
Zinc, Zn : 1.17265, mg, OUT OF BOUNDS: TOO LOW VS. 3.1333333969116213
Copper, Cu : 0.233005, mg, OUT OF BOUNDS: TOO LOW VS. 0.23333332538604737
Fluoride, F : 0.03, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
Manganese, Mn : 0.63225245, mg, OUT OF BOUNDS: TOO LOW VS. 0.7666666507720947
Selenium, Se : 13.8625, mcg, OUT OF BOUNDS: TOO LOW VS. 15.0
Vitamin A, IU : 1565.1626, IU
Retinol : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 300.0
Vitamin A, RAE mcg_RAEVitamin A, : 78.775, RAE, OUT OF BOUNDS: TOO LOW VS.
694.333349609375
Carotene, beta : 937.98755, mcg
Carotene, alpha : 0.0, mcg
Thiamin (B-1) : 0.2686125, mg, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
Riboflavin (B-2) : 0.1872625, mg, OUT OF BOUNDS: TOO LOW VS. 0.36666667461395264
Niacin (B-3) : 1.585875, mg, OUT OF BOUNDS: TOO LOW VS. 4.0
Pantothenic acid (B-5) : 0.5445, mg, OUT OF BOUNDS: TOO LOW VS. 1.666666603088379
Vitamin B-6 (Pyridoxal) : 0.38935003, mg
Folate, total : 128.475, 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 : 125.1425, 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) : 2.79775, mg, OUT OF BOUNDS: TOO LOW VS.
3.333333206176758
Vitamin K (phylloquinone) : 287.445, mcg
Cholesterol : 0.0, mg
Choline, total : 88.28625, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
Cryptoxanthin, beta : 2.1750002, mcg
Lutein + zeaxanthin : 2616.0874, mcg
Lycopene (prevents UV damage) : 0.22500001, mcg
Tocopherol, beta : 0.0060, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
Tocopherol, gamma : 2.3995, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
Tocopherol, delta : 0.09, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
Folate, food : 128.475, mcg, OUT OF BOUNDS: TOO LOW VS. 133.33333740234374
Folate, DFE mcg_DFEFolate, : 128.475, DFE, OUT OF BOUNDS: TOO LOW VS.
133.33333740234374
Betaine : 0.5, mg
Alanine g (helps enlarged : 0.092925, prostate)
Arginine g (good for mitigating fatty : 0.4496, liver), OUT OF BOUNDS: TOO HIGH VS.
0.3333333253860474

Aspartic acid : 0.1999, g
Cystine : 0.0783375, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
Glutamic acid : 0.3820875, g, OUT OF BOUNDS: TOO LOW VS. 2.566666603088379
Glycine : 0.12892501, g
Histidine : 0.178525, g, OUT OF BOUNDS: TOO LOW VS. 0.2866666793823242
Isoleucine : 0.290125, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
Leucine : 0.377675, g, OUT OF BOUNDS: TOO LOW VS. 0.4333333492279053
Lysine : 0.3628625, g
Methionine : 0.0856875, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
Phenylalanine : 0.2391625, g, OUT OF BOUNDS: TOO LOW VS. 0.4333333492279053
Proline : 0.1748875, g
Hydroxyproline : 0.0, g
Serine : 0.073425, g
Tryptophan : 0.07795, g
Threonine : 0.25225, g
Tyrosine : 0.06452501, g
Valine : 0.3483375, g, OUT OF BOUNDS: TOO LOW VS. 0.4
Fatty acids, total trans : 0.01975, g
---Fatty acids, total trans-monoenoic : 0.0015, g
16:1 t (trans-Palmitoleic acid) : 0.0, g
18:1 t (trans-Oleic acid) : 0.0015, g
22:1 t (trans-Erucic acid) : 0.0, g
---Fatty acids, total trans-polyenoic : 0.018250002, g
18:2 t not further defined : 0.0, g
18:2 t,t : 0.018250002, g
Fatty acids, total saturated : 1.38535, g
4:0 (Butyric acid) : 0.0, g
6:0 (Caproic acid) : 0.0, g
8:0 (Caprylic acid: melts @ 16.3 deg C) : 0.0060, g
10:0 (Capric acid: melts @ 31.3 deg C) : 3.75E-4, g
12:0 (Lauric acid) : 3.75E-4, g
13:0 : 0.0, g
14:0 (Myristic acid) : 0.0035, g
15:0 (Pentadecanoic acid) : 0.0, g
16:0 (Palmitic acid) : 1.02925, g
17:0 (Margaric acid) : 0.0011, g
18:0 (Stearic acid) : 0.23902498, g
20:0 (Arachidic acid) : 0.06695, g
24:0 (Lignoceric acid) : 0.00525, g
22:0 (Behenic acid) : 0.0317, g
Fatty acids, total monounsaturated : 8.280937, g
14:1 : 0.0, g
15:1 : 0.0, g
16:1 undifferentiated : 0.087925, g
16:1 (Palmitoleic acid) c : 0.0, g
17:1 : 0.00625, g
18:1 undifferentiated : 7.4056125, g

18:1 (Oleic acid) c : 3.0857, g
20:1 : 0.2811, g
22:1 undifferentiated : 0.46774998, g
24:1 c (Nervonic acid) : 0.0322, g
22:1 c (Erucic acid) : 0.0, g
Fatty acids, total polyunsaturated : 3.0703502, g
18:2 ---undifferentiated (n-6=Linoleic acid) : 2.009475, g, OUT OF BOUNDS: TOO LOW VS.
2.3933332443237303
18:2 n-6 c,c (Linoleic acid) : 0.932, 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) : 1.0361251, g
18:3 n-3 c,c,c (a-Linolenic acid) : 0.45685002, 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 : 0.0125, g
20:3 undifferentiated : 0.0, g
20:3 n-3 : 0.0, g
20:3 n-6 : 0.0, g
20:4 undifferentiated : 0.0040, 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 : 19.800001, mg, OUT OF BOUNDS: TOO LOW VS. 50.0
---Stigmasterol (a phytosterol) : 0.15, mg
---Campesterol (a phytosterol) : 12.05, mg
Beta-sitosterol : 20.65, mg

Number of nutrients above maximum target limits: 1
Number of nutrients within target limits: 94
Number of nutrients below minimum target limits: 45