

Fava Bean Soup

(3 Servings)



10/24/2011

Ingredients:

1000.0 grams Broadbeans (fava beans), mature seeds, cooked, boiled, without salt
200.0 grams Onions, cooked, boiled, drained, without salt
150.0 grams Peppers, sweet, green, cooked, boiled, drained, without salt
80.0 grams Oil, olive, salad or cooking
50.0 grams Garlic, raw
20.0 grams Lemon juice, raw
8.0 grams Spices, cumin seed
5.0 grams Spices, parsley, dried
40.0 grams Rye flour, medium
5.0 grams Salt, table
40.0 grams Hemp seed
5.0 grams Spices, paprika

Preparation/Cooking Instructions:

Boil fava beans with enough water to cover for 5 minutes. Replace water and reboil for 20 minutes.
Simmer until tender.
Cook all ingredients plus enough water to make into soup in a large pot.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.23598437
Sweetness: 0.021299265
Sourness: 0.09417927
Bitterness: 0.119176924
Umami: 0.05289675
Richness: 0.06393082

Glycemic Load & Inflammation Profile:

Inflammation Load: 328.0708
Glycemic Load: 18.044546
Complete Protein (g): 4.6208606

Nutritional Content Per Serving:

Protein : 25.280571, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 25.620275, g
Carbohydrate, by difference : 73.79405, g
Ash : 4.8714, g
Energy : 616.8375, kcal
---Energy : 2536.4026, kj
Starch : 0.5, g
Sugars, total : 9.031374, g
---Sucrose : 0.88149995, g
---Glucose (dextrose) : 1.7796249, g
---Fructose : 1.4286249, g
---Lactose : 0.0, g
---Maltose : 0.0020, g
Alcohol, ethyl : 0.0, g
Fiber, total dietary : 17.323751, g
Water : 271.10385, g
Caffeine : 0.0, mg
Theobromine : 0.0, mg
Galactose : 0.028374998, g
Calcium, Ca : 176.33249, mg, OUT OF BOUNDS: TOO LOW VS. 333.3333251953125

Iron, Fe : 7.5242004, mg
 Magnesium, Mg : 189.42, mg
 Phosphorus, P : 514.4175, mg
 Potassium, K : 1093.7726, mg, OUT OF BOUNDS: TOO LOW VS. 1566.66669921875
 Sodium, Na : 512.485, mg
 Zinc, Zn : 3.9555004, mg
 Copper, Cu : 1.0123526, mg
 Fluoride, F : 0.025, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
 Manganese, Mn : 2.5237973, mg
 Selenium, Se : 10.464001, mcg, OUT OF BOUNDS: TOO LOW VS. 15.0
 Vitamin A, IU : 925.35, IU
 Retinol : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 300.0
 Vitamin A, RAE mcg_RAEVitamin A, : 46.63, RAE, OUT OF BOUNDS: TOO LOW VS.
 694.333349609375
 Carotene, beta : 498.40253, mcg
 Carotene, alpha : 9.9625, mcg
 Thiamin (B-1) : 0.40389752, mg
 Riboflavin (B-2) : 0.339015, mg, OUT OF BOUNDS: TOO LOW VS. 0.36666667461395264
 Niacin (B-3) : 2.9614427, mg, OUT OF BOUNDS: TOO LOW VS. 4.0
 Pantothenic acid (B-5) : 0.64300007, mg, OUT OF BOUNDS: TOO LOW VS. 1.666666603088379
 Vitamin B-6 (Pyridoxal) : 0.61579996, mg
 Folate, total : 281.7, 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 : 40.155247, mg
 Vitamin D : 0 IU, OUT OF BOUNDS: TOO LOW VS. 66.7
 Vitamin E : 0.0, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 ---Vitamin E (alpha-tocopherol) : 12.829475, mg
 Vitamin K (phylloquinone) : 42.123, mcg
 Cholesterol : 0.0, mg
 Choline, total : 90.301506, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
 Cryptoxanthin, beta : 102.9375, mcg
 Lutein + zeaxanthin : 390.84753, mcg
 Lycopene (prevents UV damage) : 0.0, mcg
 Tocopherol, beta : 0.026625, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, gamma : 0.2295, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, delta : 8.75E-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 : 281.7, mcg
 Folate, DFE mcg_DFEFolate, : 281.7, DFE
 Betaine : 0.13, mg
 Alanine g (helps enlarged : 1.0184749, prostate)
 Arginine g (good for mitigating fatty : 2.3212001, liver), OUT OF BOUNDS: TOO HIGH VS.
 0.3333333253860474
 Aspartic acid : 2.6419373, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947
 Cystine : 0.3141, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
 Glutamic acid : 4.2396746, g

Glycine : 1.0423, g
 Histidine : 0.610625, g
 Isoleucine : 0.97, g
 Leucine : 1.7785251, g
 Lysine : 1.447425, g
 Methionine : 0.25317502, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
 Phenylalanine : 1.04095, g
 Proline : 1.073725, g
 Hydroxyproline : 0.0, g
 Serine : 1.1175125, g
 Tryptophan : 0.2409875, g
 Threonine : 0.8608875, g
 Tyrosine : 0.7555375, g
 Valine : 1.0995625, 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 : 3.048725, 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) : 6.1E-4, g
 12:0 (Lauric acid) : 0.005735, g
 13:0 : 0.0, g
 14:0 (Myristic acid) : 0.010059999, g
 15:0 (Pentadecanoic acid) : 0.0, g
 16:0 (Palmitic acid) : 2.70754, g
 17:0 (Margaric acid) : 0.0044, g
 18:0 (Stearic acid) : 0.50573, g
 20:0 (Arachidic acid) : 0.0828, g
 24:0 (Lignoceric acid) : 0.0, g
 22:0 (Behenic acid) : 0.025799999, g
 Fatty acids, total monounsaturated : 15.261688, g
 14:1 : 0.0, g
 15:1 : 0.0, g
 16:1 undifferentiated : 0.26021504, g
 16:1 (Palmitoleic acid) c : 0.0, g
 17:1 : 0.025, g
 18:1 undifferentiated : 14.776472, g
 18:1 (Oleic acid) c : 0.33466253, g
 20:1 : 0.06724, 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 : 5.102505, g
18:2 ---undifferentiated (n-6=Linoleic acid) : 2.6577973, g
18:2 n-6 c,c (Linoleic acid) : 1.8000001, 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) : 1.0255826, g
18:3 n-3 c,c,c (a-Linolenic acid) : 0.73056245, g
18:3 n-6 c,c,c (Linolenic acid) : 0.080000006, g
18:3i : 0.0, g
18:4 : 0.040000003, 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) : 0.029725, g
Phytosterols : 103.9225, mg
---Stigmasterol (a phytosterol) : 24.1, mg
---Campesterol (a phytosterol) : 6.6, mg
Beta-sitosterol : 6.6, mg

Number of nutrients above maximum target limits: 2
Number of nutrients within target limits: 118
Number of nutrients below minimum target limits: 20