

Jicama Blackeye Pea Salad (Serves 4)



Ingredients:

2000.0 grams Yambean (jicama), cooked, boiled, drained, with salt
500.0 grams Onions, raw
150.0 grams Cherries, sweet, red, raw
90.0 grams Oil, olive, salad or cooking
90.0 grams Vinegar, cider
700.0 grams Cowpeas, common (blackeyes, crowder, southern), cooked, boiled
40.0 grams Coriander (cilantro) leaves, raw
1 to 2 grams salt if desired (sodium and flavor profile estimates are for 0 salt added)

Preparation/Cooking Instructions:

Bake jicama in oven at 450 deg. F. for 45 minutes or until a fork can poke it with moderate force.
Boil blackeye peas for 5 minutes, replace water, reboil then simmer for 30 minutes or until tender.
Chop jicama, onion, cherries and cilantro.
Mix all ingredients.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.2425332
Sweetness: 0.0175201
Sourness: 0.09479996
Bitterness: 0.04102396
Umami: 0.017354343
Richness: 0.02707787

Glycemic Load & Inflammation Profile (Per Serving):

Inflammation Load: 351.06427
Glycemic Load: 16.224
Complete Protein (grams) 3.3702893

Nutritional Content Per Serving:

Protein : 19.0905, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 24.167, g
Carbohydrate, by difference : 94.298744, g
Ash : 6.8677497, g
Energy : 657.675, kcal
---Energy : 2744.9, kj
Starch : 0.0, g
Sugars, total : 14.435749, g
---Sucrose : 1.5374999, g
---Glucose (dextrose) : 4.0525, g
---Fructose : 2.9962502, g
---Lactose : 0.0, g
---Maltose : 0.0, g
Alcohol, ethyl : 0.0, g
Fiber, total dietary : 14.38, g
Water : 746.9345, g
Caffeine : 0.0, mg
Theobromine : 0.0, mg

Galactose : 0.0, g
 Calcium, Ca : 140.24998, mg, OUT OF BOUNDS: TOO LOW VS. 333.3333251953125
 Iron, Fe : 7.9729996, mg
 Magnesium, Mg : 167.35, mg
 Phosphorus, P : 401.47498, mg
 Potassium, K : 1477.6249, mg, OUT OF BOUNDS: TOO LOW VS. 1566.66669921875
 Sodium, Na : 1229.2999, mg, OUT OF BOUNDS: TOO HIGH VS. 766.666650390625
 Zinc, Zn : 3.3165, mg
 Copper, Cu : 0.81105, mg
 Fluoride, F : 1.375, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
 Manganese, Mn : 1.418125, mg
 Selenium, Se : 8.6125, mcg, OUT OF BOUNDS: TOO LOW VS. 15.0
 Vitamin A, IU : 1279.675, IU
 Retinol : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 300.0
 Vitamin A, RAE mcg_RAEVitamin A, : 59.45, RAE, OUT OF BOUNDS: TOO LOW VS.
 694.333349609375
 Carotene, beta : 698.75, mcg
 Carotene, alpha : 3.6000001, mcg
 Thiamin (B-1) : 0.51395, mg
 Riboflavin (B-2) : 0.3012, mg, OUT OF BOUNDS: TOO LOW VS. 0.36666667461395264
 Niacin (B-3) : 2.2226498, mg, OUT OF BOUNDS: TOO LOW VS. 4.0
 Pantothenic acid (B-5) : 1.5886251, mg, OUT OF BOUNDS: TOO LOW VS. 1.666666603088379
 Vitamin B-6 (Pyridoxal) : 0.5564, mg
 Folate, total : 436.95, 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 : 86.899994, 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) : 4.02, mg
 Vitamin K (phylloquinone) : 48.807503, mcg
 Cholesterol : 0.0, mg
 Choline, total : 67.61, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
 Cryptoxanthin, beta : 20.2, mcg
 Lutein + zeaxanthin : 123.375, mcg
 Lycopene (prevents UV damage) : 0.0, mcg
 Tocopherol, beta : 0.02475, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, gamma : 0.18675, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, delta : 0.0, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
 Folate, food : 436.95, mcg
 Folate, DFE mcg_DFEFolate, : 436.95, DFE
 Betaine : 0.1475, mg
 Alanine g (helps enlarged : 0.74224997, prostate)
 Arginine g (good for mitigating fatty : 1.25125, liver), OUT OF BOUNDS: TOO HIGH VS.
 0.3333333253860474
 Aspartic acid : 2.7465, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947

Cystine : 0.18375, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
Glutamic acid : 3.0977502, g
Glycine : 0.6695, g
Histidine : 0.53249997, g
Isoleucine : 0.647, g
Leucine : 1.19225, g
Lysine : 1.094, g
Methionine : 0.22999999, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
Phenylalanine : 0.90550005, g
Proline : 0.74724996, g
Hydroxyproline : 0.0, g
Serine : 0.8285, g
Tryptophan : 0.18374999, g
Threonine : 0.63075, g
Tyrosine : 0.515, g
Valine : 0.78025, 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 : 3.4276998, 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) : 0.0, g
13:0 : 0.0, g
14:0 (Myristic acid) : 0.0075000003, g
15:0 (Pentadecanoic acid) : 0.0, g
16:0 (Palmitic acid) : 2.7874496, g
17:0 (Margaric acid) : 0.00495, g
18:0 (Stearic acid) : 0.489025, g
20:0 (Arachidic acid) : 0.09315, g
24:0 (Lignoceric acid) : 0.0, g
22:0 (Behenic acid) : 0.029024998, g
Fatty acids, total monounsaturated : 16.490725, g
14:1 : 0.0, g
15:1 : 0.0, g
16:1 undifferentiated : 0.28645, g
16:1 (Palmitoleic acid) c : 0.0, g
17:1 : 0.028125, g
18:1 undifferentiated : 16.17245, g
18:1 (Oleic acid) c : 0.0, g

20:1 : 0.071724996, g
22:1 undifferentiated : 0.00875, g
24:1 c (Nervonic acid) : 0.0, g
22:1 c (Erucic acid) : 0.0, g
Fatty acids, total polyunsaturated : 2.4266748, g
18:2 ---undifferentiated (n-6=Linoleic acid) : 2.4842, 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) : 0.337975, g, OUT OF BOUNDS: TOO LOW VS. 0.6
18:3 n-3 c,c,c (a-Linolenic acid) : 0.0, 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 : 0.0, 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) : 0.0, g
Phytosterols : 68.975, mg
---Stigmasterol (a phytosterol) : 0.3, mg
---Campesterol (a phytosterol) : 0.0, mg
Beta-sitosterol : 0.2, mg

Number of nutrients above maximum target limits: 4
Number of nutrients within target limits: 113
Number of nutrients below minimum target limits: 23