

Kamut Pepper Mustard Greens Carrot

(Serves 3)

Ingredients:

1000.0 grams Kamut, cooked
400.0 grams Peppers, sweet, red, cooked, boiled, drained, without salt
100.0 grams Carrots, cooked, boiled, drained, without salt
20.0 grams Lime juice, raw
50.0 grams Oil, olive, salad or cooking
15.0 grams Garlic, raw
5.0 grams Salt, table
200.0 grams Mustard greens, raw

Ingredients Preparation/Cooking Instructions:

Cook kamut in 2 parts water by bringing to boil and simmering for 40 minutes.
Shred carrots, slice peppers, mustard greens and garlic into a large pot or wok and cook for 5 minutes.
Add the kamut and remaining ingredients to the pot (or wok), mix and serve.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.23310797
Sweetness: 0.013355352
Sourness: 0.45298496
Bitterness: 0.0858402
Umami: 0.061880298
Richness: 0.033837426

Glycemic Load & Inflammation Profile:

Inflammation Load: 930.086
Glycemic Load: 19.88256
Protein Completeness: 6.6137943

Nutritional Content Per Serving:

Protein : 25.126001, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 20.189665, g
Carbohydrate, by difference : 118.68766, g, OUT OF BOUNDS: TOO HIGH VS.

103.33333740234374

Ash : 5.8290005, g

Energy : 709.45, kcal

---Energy : 2968.9165, kj

Starch : 0.05666667, g

Sugars, total : 8.232667, g

---Sucrose : 0.93200004, g

---Glucose (dextrose) : 0.17333335, g

---Fructose : 0.16066667, g

---Lactose : 0.0, g

---Maltose : 0.0, g

Alcohol, ethyl : 0.0, g

Fiber, total dietary : 17.931667, g

Water : 426.80164, g

Caffeine : 0.0, mg

Theobromine : 0.0, mg

Galactose : 0.0, g

Calcium, Ca : 134.55, mg, OUT OF BOUNDS: TOO LOW VS. 333.3333251953125

Iron, Fe : 8.589833, mg

Magnesium, Mg : 226.46666, mg

Phosphorus, P : 661.25006, mg

Potassium, K : 1237.1499, mg, OUT OF BOUNDS: TOO LOW VS. 1566.66669921875

Sodium, Na : 705.95, mg

Zinc, Zn : 6.325, mg

Copper, Cu : 1.03425, mg

Fluoride, F : 15.866667, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125

Manganese, Mn : 4.661467, mg, OUT OF BOUNDS: TOO HIGH VS. 3.666666793823242

Selenium, Se : 1.9516666, mcg, OUT OF BOUNDS: TOO LOW VS. 15.0

Vitamin A, IU : 16616.117, 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_RAEVitamin A, : 830.1333, RAE

Carotene, beta : 9012.916, mcg, OUT OF BOUNDS: TOO HIGH VS. 1000.0

Carotene, alpha : 1282.6666, mcg

Thiamin (B-1) : 0.5656666, mg

Riboflavin (B-2) : 0.23449999, mg, OUT OF BOUNDS: TOO LOW VS. 0.36666667461395264

Niacin (B-3) : 10.585467, mg

Pantothenic acid (B-5) : 0.36066666, mg, OUT OF BOUNDS: TOO LOW VS. 1.666666603088379

Vitamin B-6 (Pyridoxal) : 0.82261664, mg

Folate, total : 191.48334, 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 : 279.42667, 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) : 6.293667, mg

Vitamin K (phylloquinone) : 353.05832, mcg

Cholesterol : 0.0, mg

Choline, total : 12.483334, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
Cryptoxanthin, beta : 613.3333, mcg
Lutein + zeaxanthin : 6892.467, mcg
Lycopene (prevents UV damage) : 0.0, mcg
Tocopherol, beta : 0.024999999, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
Tocopherol, gamma : 0.14166667, 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 : 191.48334, mcg
Folate, DFE mcg_DFEFolate, : 191.48334, DFE
Betaine : 0.06333334, mg
Alanine g (helps enlarged : 0.8832001, prostate)
Arginine g (good for mitigating fatty : 1.2643669, liver), OUT OF BOUNDS: TOO HIGH VS.
0.3333333253860474
Aspartic acid : 1.4333832, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947
Cystine : 0.53005004, g
Glutamic acid : 7.3843827, g
Glycine : 0.9153999, g
Histidine : 0.62745, g
Isoleucine : 0.96398336, g
Leucine : 1.7904668, g
Lysine : 0.7857167, g
Methionine : 0.40760005, g
Phenylalanine : 1.2432166, g
Proline : 2.405, g
Hydroxyproline : 0.0, g
Serine : 1.1858333, g
Tryptophan : 0.23276666, g
Threonine : 0.8003167, g
Tyrosine : 0.64985, g
Valine : 1.1592834, 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 : 2.36165, 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) : 1.00000005E-4, g
12:0 (Lauric acid) : 0.0, g
13:0 : 0.0, g
14:0 (Myristic acid) : 0.0, g

15:0 (Pentadecanoic acid) : 0.0, g
16:0 (Palmitic acid) : 1.9288833, g
17:0 (Margaric acid) : 0.0036666666, g
18:0 (Stearic acid) : 0.3365, g
20:0 (Arachidic acid) : 0.069, g
24:0 (Lignoceric acid) : 0.0, g
22:0 (Behenic acid) : 0.021499999, g
Fatty acids, total monounsaturated : 12.241918, g
14:1 : 0.0, g
15:1 : 0.0, g
16:1 undifferentiated : 0.21096666, g
16:1 (Palmitoleic acid) c : 0.0, g
17:1 : 0.020833334, g
18:1 undifferentiated : 11.90685, g
18:1 (Oleic acid) c : 0.0, g
20:1 : 0.0645, g
22:1 undifferentiated : 0.038666666, g
24:1 c (Nervonic acid) : 0.0, g
22:1 c (Erucic acid) : 0.0, g
Fatty acids, total polyunsaturated : 1.9641498, g
18:2 ---undifferentiated (n-6=Linoleic acid) : 1.8097833, g, OUT OF BOUNDS: TOO LOW VS.
2.3933332443237303
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) : 0.15403333, 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 : 48.833332, 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: 6
Number of nutrients within target limits: 113
Number of nutrients below minimum target limits: 21