

Parsnips Cashew Lime (Sour Cream)

(Serves 4)



Ingredients:

2500.0 grams Parsnips, cooked, boiled, drained, without salt
225.0 grams Nuts, cashew nuts, raw
30.0 grams Lime juice, raw
5.0 grams Salt, table

Preparation/Cooking Instructions:

Bake parsnips at 450 for 45 minutes or until very soft (like a baked potato).
Blend remaining ingredients with enough water to cover for 3 minutes or until creamy and smooth.
Serve like potato and sour cream: Split the parsnips and dab on the cashew lime sour cream.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.21132536
Sweetness: 0.04852786
Sourness: 0.11692378
Bitterness: 0.03387712
Umaminess: 0.01840326
Richness: 0.038472284

Glycemic Load & Inflammation Profile:

Inflammation Load: 344.81503
Glycemic Load: 35.599335
Complete Protein (g) 3.4601595

Nutritional Content Per Serving:

Protein : 18.530249, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 26.545876, g, OUT OF BOUNDS: TOO HIGH VS. 26.534664916992188
Carbohydrate, by difference : 123.92587, g
Ash : 9.762, g
Energy : 756.6875, kcal
---Energy : 3178.175, kj
Starch : 13.213125, g
Sugars, total : 33.451126, g, OUT OF BOUNDS: TOO HIGH VS. 16.666667175292968
---Sucrose : 3.304125, g
---Glucose (dextrose) : 0.073125005, g
---Fructose : 0.073875, g
---Lactose : 0.0, g
---Maltose : 0.0, g
Alcohol, ethyl : 0.0, g
Fiber, total dietary : 24.386251, g
Water : 511.23676, g
Caffeine : 0.0, mg
Theobromine : 0.0, mg
Galactose : 0.0, g
Calcium, Ca : 253.4125, mg, OUT OF BOUNDS: TOO LOW VS. 333.3333251953125
Iron, Fe : 7.393375, mg
Magnesium, Mg : 346.11252, mg, OUT OF BOUNDS: TOO HIGH VS. 256.6666748046875
Phosphorus, P : 765.8625, mg
Potassium, K : 2673.875, mg
Sodium, Na : 553.875, mg
Zinc, Zn : 4.8835, mg
Copper, Cu : 2.0995874, mg

Fluoride, F : 0.025, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
 Manganese, Mn : 2.7710373, mg
 Selenium, Se : 21.827497, mcg
 Vitamin A, IU : 3.7500002, IU, OUT OF BOUNDS: TOO LOW VS. 694.333349609375
 Retinol : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 300.0
 Vitamin A, RAE mcg_RAE Vitamin A, : 0.15, RAE, OUT OF BOUNDS: TOO LOW VS. 694.333349609375
 Carotene, beta : 2.25, mcg
 Carotene, alpha : 0.0, mcg
 Thiamin (B-1) : 0.75856245, mg
 Riboflavin (B-2) : 0.3525, mg, OUT OF BOUNDS: TOO LOW VS. 0.36666667461395264
 Niacin (B-3) : 5.1330247, mg
 Pantothenic acid (B-5) : 4.1702247, mg
 Vitamin B-6 (Pyridoxal) : 0.8186625, mg
 Folate, total : 377.3125, 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 : 83.78125, 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) : 6.77275, mg
 Vitamin K (phylloquinone) : 25.47625, mcg, OUT OF BOUNDS: TOO LOW VS. 40.0
 Cholesterol : 0.0, mg
 Choline, total : 169.1325, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
 Cryptoxanthin, beta : 0.0, mcg
 Lutein + zeaxanthin : 12.375, mcg
 Lycopene (prevents UV damage) : 0.0, mcg
 Tocopherol, beta : 0.016874999, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, gamma : 2.986875, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, delta : 0.20250002, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
 Folate, food : 377.3125, mcg
 Folate, DFE mcg_DFE Folate, : 377.3125, DFE
 Betaine : 0.015000001, mg
 Alanine g (helps enlarged : 0.4726125, prostate)
 Arginine g (good for mitigating fatty : 1.1953124, liver), OUT OF BOUNDS: TOO HIGH VS. 0.3333333253860474
 Aspartic acid : 1.0182375, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947
 Cystine : 0.2212125, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
 Glutamic acid : 2.53965, g, OUT OF BOUNDS: TOO LOW VS. 2.566666603088379
 Glycine : 0.52788746, g
 Histidine : 0.25665, g, OUT OF BOUNDS: TOO LOW VS. 0.2866666793823242
 Isoleucine : 0.44396248, g
 Leucine : 0.8292, g
 Lysine : 0.5232, g
 Methionine : 0.20377499, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
 Phenylalanine : 0.5357625, g

Proline : 0.45899996, g
 Hydroxyproline : 0.0, g
 Serine : 0.6095625, g
 Tryptophan : 0.16158749, g
 Threonine : 0.38715002, g
 Tyrosine : 0.2859, g
 Valine : 0.6162, 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 : 4.691037, g
 4:0 (Butyric acid) : 0.0, g
 6:0 (Caproic acid) : 0.0, g
 8:0 (Caprylic acid: melts @ 16.3 deg C) : 0.008437499, g
 10:0 (Capric acid: melts @ 31.3 deg C) : 0.008437499, g
 12:0 (Lauric acid) : 0.008437499, g
 13:0 : 0.0, g
 14:0 (Myristic acid) : 0.0271875, g
 15:0 (Pentadecanoic acid) : 0.0, g
 16:0 (Palmitic acid) : 2.39085, g
 17:0 (Margaric acid) : 0.025875, g
 18:0 (Stearic acid) : 1.9004375, g
 20:0 (Arachidic acid) : 0.149625, g
 24:0 (Lignoceric acid) : 0.056812502, g
 22:0 (Behenic acid) : 0.097312495, g
 Fatty acids, total monounsaturated : 14.086412, g
 14:1 : 0.0, g
 15:1 : 0.0, g
 16:1 undifferentiated : 0.09540001, g
 16:1 (Palmitoleic acid) c : 0.0, g
 17:1 : 0.0, g
 18:1 undifferentiated : 13.869713, g
 18:1 (Oleic acid) c : 0.0, g
 20:1 : 0.077625, 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 : 4.7082872, g
 18:2 ---undifferentiated (n-6=Linoleic acid) : 4.63475, 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) : 0.054224998, 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 : 0.0, 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: 110
Number of nutrients below minimum target limits: 24