

Pasta Tempe Tomato Onion

(Serves 4)



11/16/2011

Ingredients:

800.0 grams Pasta, fresh-refrigerated, plain, cooked
400.0 grams Tempeh
700.0 grams Tomatoes, red, ripe, cooked
300.0 grams Onions, cooked, boiled, drained, without salt
60.0 grams Nuts, walnuts, english
5.0 grams Salt, table
300.0 grams Peas, green, cooked, boiled, drained, without salt
20.0 grams Spices, oregano, dried
10.0 grams Spices, basil, dried
10.0 grams Spices, pepper, black
10.0 grams Spices, garlic powder

Optional: Nutritional yeast (or nutritional yeast based Parmesan cheese substitute).

Preparation/Cooking Instructions:

Boil more water than can easily cover ~500 g of uncooked pasta.

Add pasta and cook until tender. Time varies with pasta, 2-12 minutes.

Chop tempeh, onions, tomatoes and walnuts.

Optionally lightly fry and/or saute tempeh in a wok or large pan.

Mix all ingredients except pasta and stir while cooking on medium heat for 5 minutes.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.21239206

Sweetness: 0.01929431

Sourness: 0.08392328

Bitterness: 0.12646943

Umaminess: 0.06852946

Richness: 0.036091395

Glycemic Load & Inflammation Profile:

Inflammation Load: 245.2124

Glycemic Load: 23.353807

Complete Protein (g) 8.633031

Nutritional Content Per Serving:

Protein : 39.32375, g

---Adjusted Protein : 0.0, g

Total lipid (fat) : 23.59475, g

Carbohydrate, by difference : 96.06751, g

Ash : 6.7515, g

Energy : 714.775, kcal

---Energy : 2986.4, kj

Starch : 0.009000001, g

Sugars, total : 13.068, g

---Sucrose : 5.20175, g

---Glucose (dextrose) : 3.9325001, g

---Fructose : 3.7765, g

---Lactose : 0.0, g

---Maltose : 0.135, g

Alcohol, ethyl : 0.0, g

Fiber, total dietary : 11.430001, g

Water : 487.85675, g

Caffeine : 0.0, mg
 Theobromine : 0.0, mg
 Galactose : 0.012250001, g
 Calcium, Ca : 339.575, mg
 Iron, Fe : 11.698376, mg
 Magnesium, Mg : 224.7875, mg
 Phosphorus, P : 641.22504, mg
 Potassium, K : 1445.6249, mg, OUT OF BOUNDS: TOO LOW VS. 1566.66669921875
 Sodium, Na : 534.225, mg
 Zinc, Zn : 4.4100003, mg
 Copper, Cu : 1.40285, mg
 Fluoride, F : 0.88, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
 Manganese, Mn : 3.447375, mg
 Selenium, Se : 4.4562497, mcg, OUT OF BOUNDS: TOO LOW VS. 15.0
 Vitamin A, IU : 1827.9, IU
 Retinol : 12.0, mcg, OUT OF BOUNDS: TOO LOW VS. 300.0
 Vitamin A, RAE mcg_RAEVitamin A, : 100.5, RAE, OUT OF BOUNDS: TOO LOW VS.
 694.333349609375
 Carotene, beta : 1061.65, mcg, OUT OF BOUNDS: TOO HIGH VS. 1000.0
 Carotene, alpha : 17.5, mcg
 Thiamin (B-1) : 0.86205, mg
 Riboflavin (B-2) : 0.891825, mg
 Niacin (B-3) : 7.8174, mg
 Pantothenic acid (B-5) : 1.2193749, mg, OUT OF BOUNDS: TOO LOW VS. 1.666666603088379
 Vitamin B-6 (Pyridoxal) : 0.92060006, mg
 Folate, total : 268.07498, mcg
 Vitamin B-12 (Cobalamin) : 0.36, 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 : 56.844997, 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) : 2.33975, mg, OUT OF BOUNDS: TOO LOW VS.
 3.333333206176758
 Vitamin K (phylloquinone) : 103.15501, mcg
 Cholesterol : 66.0, mg
 Choline, total : 50.287506, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
 Cryptoxanthin, beta : 3.575, mcg
 Lutein + zeaxanthin : 2242.225, mcg
 Lycopene (prevents UV damage) : 5331.725, mcg
 Tocopherol, beta : 0.04075, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, gamma : 5.5872498, mg
 Tocopherol, delta : 0.36425, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Folic acid : 114.0, mcg
 Folate, food : 154.07501, mcg
 Folate, DFE mcg_DFEFolate, : 348.075, DFE
 Betaine : 1.4625, mg
 Alanine g (helps enlarged : 1.67695, prostate)

Arginine g (good for mitigating fatty : 2.590825, liver), OUT OF BOUNDS: TOO HIGH VS.
 0.3333333253860474
 Aspartic acid : 3.50745, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947
 Cystine : 0.59250003, g
 Glutamic acid : 8.960226, g
 Glycine : 1.479375, g
 Histidine : 0.87485003, g
 Isoleucine : 1.6411, g
 Leucine : 2.7298996, g
 Lysine : 1.5777498, g
 Methionine : 0.46732503, g
 Phenylalanine : 1.7712998, g
 Proline : 2.5828001, g
 Hydroxyproline : 0.0, g
 Serine : 1.8947, g
 Tryptophan : 0.42494997, g
 Threonine : 1.4163002, g
 Tyrosine : 1.1706749, g
 Valine : 1.7753, 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 : 3.6319249, 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) : 2.0000001E-4, g
 12:0 (Lauric acid) : 0.01305, g
 13:0 : 0.0, g
 14:0 (Myristic acid) : 0.026575001, g
 15:0 (Pentadecanoic acid) : 0.0, g
 16:0 (Palmitic acid) : 2.558975, g
 17:0 (Margaric acid) : 0.0, g
 18:0 (Stearic acid) : 0.92297506, g
 20:0 (Arachidic acid) : 0.009450001, g
 24:0 (Lignoceric acid) : 0.0, g
 22:0 (Behenic acid) : 0.1007, g
 Fatty acids, total monounsaturated : 1.7256999, g
 14:1 : 0.0, g
 15:1 : 0.0, g
 16:1 undifferentiated : 0.0019500001, g
 16:1 (Palmitoleic acid) c : 0.0, g

17:1 : 0.0, g
18:1 undifferentiated : 4.455175, g
18:1 (Oleic acid) c : 0.038250003, g
20:1 : 0.0601, g
22:1 undifferentiated : 0.0, g
24:1 c (Nervonic acid) : 2.25E-4, g
22:1 c (Erucic acid) : 0.0, g
Fatty acids, total polyunsaturated : 8.2977, g
18:2 ---undifferentiated (n-6=Linoleic acid) : 10.3581505, 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) : 1.749825, g
18:3 n-3 c,c,c (a-Linolenic acid) : 0.03135, 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 : 5.5E-4, 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 : 55.350002, mg
---Stigmasterol (a phytosterol) : 0.15, mg
---Campesterol (a phytosterol) : 1.0500001, mg
Beta-sitosterol : 9.6, mg

Number of nutrients above maximum target limits: 3
Number of nutrients within target limits: 121
Number of nutrients below minimum target limits: 16