

Quinoa Avocado Tomato



Ingredients:

800.0 grams Quinoa, cooked
180.0 grams Avocados, raw, all commercial varieties
200.0 grams Tomatoes, red, ripe, raw, year round average

Preparation/Cooking Instructions:

Cook Quinoa similarly to rice:

- Put about 2 cups dry quinoa and 3 cups water in a pot
- Bring to boil
- Simmer until tender, about 25 minutes
- Remove from heat, fluff and let cool

Mix ingredients

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.11349699
Sweetness: 0.016832493
Sourness: 0.035511248
Bitterness: 0.0741319
Umami: 0.025502542
Richness: 0.035718642

Glycemic Load & Inflammation Profile:

Inflammation Load: -118.48272
Glycemic Load: 64.4663

Nutritional Content Per Serving:

Protein : 20.279999
---Adjusted Protein : 0.0
Total lipid (fat) : 21.074
Carbohydrate, by difference : 96.797
Ash : 4.962
Energy : 642.0
---Energy : 2690.0
Starch : 70.618996 OUT OF BOUNDS: TOO HIGH
Sugars, total : 3.224
---Sucrose : 0.053999998
---Glucose (dextrose) : 1.583
---Fructose : 1.478
---Lactose : 0.0
---Maltose : 0.0
Alcohol, ethyl : 0.0
Fiber, total dietary : 18.43
Water : 446.847
Caffeine : 0.0
Theobromine : 0.0
Galactose : 0.089999996
Calcium, Ca : 88.8 OUT OF BOUNDS: TOO LOW
Iron, Fe : 6.725
Magnesium, Mg : 293.1 OUT OF BOUNDS: TOO HIGH
Phosphorus, P : 678.8
Potassium, K : 1361.5 OUT OF BOUNDS: TOO LOW
Sodium, Na : 39.3 OUT OF BOUNDS: TOO LOW
Zinc, Zn : 5.106
Copper, Cu : 0.998
Fluoride, F : 8.599999 OUT OF BOUNDS: TOO LOW

Manganese, Mn : 2.7658
Selenium, Se : 11.559999 OUT OF BOUNDS: TOO LOW
Vitamin A, IU : 984.4
Retinol : 0.0 OUT OF BOUNDS: TOO LOW
Vitamin A, RAE mcg_RAEVitamin A, : 48.3 OUT OF BOUNDS: TOO LOW
Carotene, beta : 504.8
Carotene, alpha : 122.6
Thiamin (B-1) : 0.5253
Riboflavin (B-2) : 0.576
Niacin (B-3) : 3.8062 OUT OF BOUNDS: TOO LOW
Pantothenic acid (B-5) : 1.3391 OUT OF BOUNDS: TOO LOW
Vitamin B-6 (Pyridoxal) : 0.80329996
Folate, total : 255.9
Vitamin B-12 (Cobalamin) : 0.0 OUT OF BOUNDS: TOO LOW
---Vitamin B-12 : 0.0 OUT OF BOUNDS: TOO LOW
Vitamin C, total ascorbic acid : 21.7 OUT OF BOUNDS: TOO LOW
Vitamin D : 0.0 OUT OF BOUNDS: TOO LOW
Vitamin E : 0.0 OUT OF BOUNDS: TOO LOW
---Vitamin E (alpha-tocopherol) : 4.923
Vitamin K (phylloquinone) : 26.8 OUT OF BOUNDS: TOO LOW
Cholesterol : 0.0
Choline, total : 19.48 OUT OF BOUNDS: TOO LOW
Cryptoxanthin, beta : 25.199999
Lutein + zeaxanthin : 366.9
Lycopene (prevents UV damage) : 2573.0
Tocopherol, beta : 0.175 OUT OF BOUNDS: TOO LOW
Tocopherol, gamma : 5.177
Tocopherol, delta : 0.458 OUT OF BOUNDS: TOO LOW
Folic acid : 0.0 OUT OF BOUNDS: TOO LOW
Folate, food : 255.9
Folate, DFE mcg_DFEFolate, : 255.9
Betaine : 0.73
Alanine g (helps enlarged : 0.8571
Arginine g (good for mitigating fatty : 1.4602001 OUT OF BOUNDS: TOO HIGH
Aspartic acid : 1.7593999 OUT OF BOUNDS: TOO HIGH
Cystine : 0.28530002 OUT OF BOUNDS: TOO LOW
Glutamic acid : 3.0093
Glycine : 0.9766
Histidine : 0.5661
Isoleucine : 0.72160006
Leucine : 1.1977
Lysine : 1.1018
Methionine : 0.42420003
Phenylalanine : 1.0158
Proline : 1.0632
Hydroxyproline : 0.0
Serine : 0.8326

Tryptophan : 0.2365
 Threonine : 0.6167
 Tyrosine : 0.39009997
 Valine : 0.8543
 Fatty acids, total trans : 0.0
 ---Fatty acids, total trans-monoenoic : 0.0
 16:1 t (trans-Palmitoleic acid) : 0.0
 18:1 t (trans-Oleic acid) : 0.0
 22:1 t (trans-Erucic acid) : 0.0
 ---Fatty acids, total trans-polyenoic : 0.0
 18:2 t not further defined : 0.0
 18:2 t,t : 0.0
 Fatty acids, total saturated : 1.9413999
 4:0 (Butyric acid) : 0.0
 6:0 (Caproic acid) : 0.0
 8:0 (Caprylic acid: melts @ 16.3 deg C) : 9.00000004E-4
 10:0 (Capric acid: melts @ 31.3 deg C) : 0.0
 12:0 (Lauric acid) : 0.0
 13:0 : 0.0
 14:0 (Myristic acid) : 0.0
 15:0 (Pentadecanoic acid) : 0.0
 16:0 (Palmitic acid) : 1.8874999
 17:0 (Margaric acid) : 0.0
 18:0 (Stearic acid) : 0.0521
 20:0 (Arachidic acid) : 0.0
 24:0 (Lignoceric acid) : 0.0
 22:0 (Behenic acid) : 0.0
 Fatty acids, total monounsaturated : 8.8501
 14:1 : 0.0
 15:1 : 0.0
 16:1 undifferentiated : 0.6292
 16:1 (Palmitoleic acid) c : 0.0
 17:1 : 0.0090
 18:1 undifferentiated : 8.1894
 18:1 (Oleic acid) c : 0.0
 20:1 : 0.022499999
 22:1 undifferentiated : 0.0
 24:1 c (Nervonic acid) : 0.0
 22:1 c (Erucic acid) : 0.0
 Fatty acids, total polyunsaturated : 1.7173998
 18:2 ---undifferentiated (n-6=Linoleic acid) : 1.5866001 OUT OF BOUNDS: TOO LOW
 18:2 n-6 c,c (Linoleic acid) : 0.0 OUT OF BOUNDS: TOO LOW
 18:2 i : 0.0
 18:2 CLAs : 0.0
 18:3 ---undifferentiated (n-3=a-Linolenic acid) : 0.115499996 OUT OF BOUNDS: TOO LOW
 18:3 n-3 c,c,c (a-Linolenic acid) : 0.0999 OUT OF BOUNDS: TOO LOW
 18:3 n-6 c,c,c (Linolenic acid) : 0.013499999

18:3i : 0.0
18:4 : 0.0
20:2 n-6 c,c : 0.0
20:3 undifferentiated : 0.014400001
20:3 n-3 : 0.0
20:3 n-6 : 0.0
20:4 undifferentiated : 0.0
20:4 n-6 (Arachidonic acid) : 0.0
20:5 n-3 (EPA: Eicosapentanoic acid) : 0.0
21:5 : 0.0
22:4 : 0.0
22:5 n-3 : 0.0
22:6 n-3 (DHA: Docosahexanoic acid) : 0.0
Phytosterols : 7.0 OUT OF BOUNDS: TOO LOW
---Stigmasterol (a phytosterol) : 1.8
---Campesterol (a phytosterol) : 4.5
Beta-sitosterol : 68.4

Number of nutrients above maximum target limits: 4
Number of nutrients within target limits: 111
Number of nutrients below minimum target limits: 25