

Quinoa Pumpkin Seed Coriander

(Serves 4)

Ingredients:

1000.0 grams Quinoa, cooked
80.0 grams Seeds, pumpkin and squash seed kernels, dried
30.0 grams Coriander (cilantro) leaves, raw
15.0 grams Lime juice, raw
4.0 grams Salt, table
80.0 grams Spices, coriander seed

Ingredients Preparation/Cooking Instructions:

Boil quinoa in 2 parts water for 15 minutes.
Blend the remaining ingredients (1 to 2 minutes) with just enough water to make a creamy sauce.
Top each serving of quinoa with the proportionate amount of sauce.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.24071491
Sweetness: 0.015120734
Sourness: 0.024121905
Bitterness: 0.11038641
Umami: 0.04450145
Richness: 0.060233664

Glycemic Load & Inflammation Profile:

Inflammation Load: -39.30466
Glycemic Load: 60.444122
Complete Protein (g) 6.348019

Nutritional Content Per Serving:

Protein : 26.260666, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 24.274166, g
Carbohydrate, by difference : 89.308, g
Ash : 6.9065003, g
Energy : 632.0833, kcal

---Energy : 2647.0999, kj
Starch : 59.15866, g
Sugars, total : 0.54483336, g
---Sucrose : 0.32533333, g
---Glucose (dextrose) : 0.064666666, g
---Fructose : 0.0705, g
---Lactose : 0.0, g
---Maltose : 0.0, g
Alcohol, ethyl : 0.0, g
Fiber, total dietary : 22.406666, g
Water : 256.2205, g
Caffeine : 0.0, mg
Theobromine : 0.0, mg
Galactose : 0.0, g
Calcium, Ca : 265.72, mg, OUT OF BOUNDS: TOO LOW VS. 333.3333251953125
Iron, Fe : 11.856565, mg
Magnesium, Mg : 462.21335, mg, OUT OF BOUNDS: TOO HIGH VS. 256.6666748046875
Phosphorus, P : 950.0333, mg
Potassium, K : 1184.99, mg, OUT OF BOUNDS: TOO LOW VS. 1566.66669921875
Sodium, Na : 556.00665, mg
Zinc, Zn : 7.024667, mg
Copper, Cu : 1.2823834, mg
Fluoride, F : 0.026666665, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
Manganese, Mn : 3.8662996, mg, OUT OF BOUNDS: TOO HIGH VS. 3.666666793823242
Selenium, Se : 18.923, mcg
Vitamin A, IU : 698.23334, IU
Retinol : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 300.0
Vitamin A, RAE mcg_RAEVitamin A, : 34.066666, RAE, OUT OF BOUNDS: TOO LOW VS.
694.333349609375
Carotene, beta : 396.9, mcg
Carotene, alpha : 3.8666668, mcg
Thiamin (B-1) : 0.50115, mg
Riboflavin (B-2) : 0.50175, mg
Niacin (B-3) : 3.3897, mg, OUT OF BOUNDS: TOO LOW VS. 4.0
Pantothenic acid (B-5) : 0.26315, mg, OUT OF BOUNDS: TOO LOW VS. 1.666666603088379
Vitamin B-6 (Pyridoxal) : 0.4649333, mg
Folate, total : 162.16667, 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 : 10.306667, mg, OUT OF BOUNDS: TOO LOW VS. 25.0
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) : 2.9423335, mg, OUT OF BOUNDS: TOO LOW VS.
3.333333206176758
Vitamin K (phylloquinone) : 32.976665, mcg, OUT OF BOUNDS: TOO LOW VS. 40.0
Cholesterol : 0.0, mg
Choline, total : 18.335001, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374

Cryptoxanthin, beta : 20.466667, mcg
Lutein + zeaxanthin : 106.23334, mcg
Lycopene (prevents UV damage) : 0.0, mcg
Tocopherol, beta : 0.10799995, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
Tocopherol, gamma : 13.326667, mg
Tocopherol, delta : 0.484, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
Folate, food : 162.16667, mcg
Folate, DFE mcg_DFEFolate, : 162.16667, DFE
Betaine : 0.010000001, mg
Alanine g (helps enlarged : 1.0072, prostate)
Arginine g (good for mitigating fatty : 2.5615501, liver), OUT OF BOUNDS: TOO HIGH VS.
0.3333333253860474
Aspartic acid : 1.9717, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947
Cystine : 0.2986333, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
Glutamic acid : 3.5868168, g
Glycine : 1.2120167, g
Histidine : 0.63143337, g
Isoleucine : 0.8650334, g
Leucine : 1.5158668, g
Lysine : 1.1270666, g
Methionine : 0.48090002, g
Phenylalanine : 1.0793501, g
Proline : 1.1524333, g
Hydroxyproline : 0.0, g
Serine : 1.03455, g
Tryptophan : 0.3270333, g
Threonine : 0.7029, g
Tyrosine : 0.5682334, g
Valine : 1.0382833, g
Fatty acids, total trans : 0.017066667, g
---Fatty acids, total trans-monoenoic : 0.0069333334, g
16:1 t (trans-Palmitoleic acid) : 0.0, g
18:1 t (trans-Oleic acid) : 0.0066666673, g
22:1 t (trans-Erucic acid) : 2.6666667E-4, g
---Fatty acids, total trans-polyenoic : 0.0104, g
18:2 t not further defined : 0.0104, g
18:2 t,t : 0.0, g
Fatty acids, total saturated : 2.5748668, g
4:0 (Butyric acid) : 0.0, g
6:0 (Caproic acid) : 2.6666667E-4, g
8:0 (Caprylic acid: melts @ 16.3 deg C) : 0.0, g
10:0 (Capric acid: melts @ 31.3 deg C) : 8.0000004E-4, g
12:0 (Lauric acid) : 0.0016000001, g
13:0 : 0.0, g
14:0 (Myristic acid) : 0.021066668, g
15:0 (Pentadecanoic acid) : 0.0021333334, g

16:0 (Palmitic acid) : 1.6479999, g
17:0 (Margaric acid) : 0.009866667, g
18:0 (Stearic acid) : 0.79450005, g
20:0 (Arachidic acid) : 0.056533333, g
24:0 (Lignoceric acid) : 0.011733334, g
22:0 (Behenic acid) : 0.0152, g
Fatty acids, total monounsaturated : 7.9804335, g
14:1 : 0.0, g
15:1 : 0.0, g
16:1 undifferentiated : 0.03976667, g
16:1 (Palmitoleic acid) c : 0.012800001, g
17:1 : 0.0, g
18:1 undifferentiated : 7.9244494, g
18:1 (Oleic acid) c : 4.295467, g
20:1 : 0.014933334, g
22:1 undifferentiated : 2.6666667E-4, g
24:1 c (Nervonic acid) : 0.001333334, g
22:1 c (Erucic acid) : 0.0, g
Fatty acids, total polyunsaturated : 6.065417, g
18:2 ---undifferentiated (n-6=Linoleic acid) : 5.9940834, g
18:2 n-6 c,c (Linoleic acid) : 5.5112, g
18:2 i : 0.0, g
18:2 CLAs : 0.001066667, g
18:3 ---undifferentiated (n-3=a-Linolenic acid) : 0.0324, g, OUT OF BOUNDS: TOO LOW VS. 0.6
18:3 n-3 c,c,c (a-Linolenic acid) : 0.032, 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 : 0.001066667, g
20:3 undifferentiated : 0.0, g
20:3 n-3 : 0.0, g
20:3 n-6 : 0.0, g
20:4 undifferentiated : 0.034933332, 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 : 0.0016000001, g
22:5 n-3 : 0.0, g
22:6 n-3 (DHA: Docosahexanoic acid) : 0.0, g
Phytosterols : 12.766666, mg, OUT OF BOUNDS: TOO LOW VS. 50.0
---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: 114
Number of nutrients below minimum target limits: 22