

Radish Beet Barley Spinach



Ingredients:

400.0 grams Radishes, oriental, cooked, boiled, drained, without salt
400.0 grams Beets, cooked, boiled, drained
100.0 grams Barley, pearled, cooked
50.0 grams Spinach, cooked, boiled, drained, without salt
300.0 grams Onions, cooked, boiled, drained, without salt
15.0 grams Oil, safflower, salad or cooking, linoleic, (over 70%)

Preparation/Cooking Instructions:

Bake radishes and beets at 450 for 45 minutes.
Cook barley using 1.5 cups water per 1 cup barley, bring to boil & simmer for 30 minutes.
Finely chop all solid ingredients (food processor is efficient for this).
Put oil and chopped ingredients in large pot, mix and cook on medium-high until all parts are tender.
Optionally add water to form a thick soup. Serve chilled.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.16914798
Sweetness: 0.041973934
Sourness: 0.074289456
Bitterness: 0.024278088
Umami: 0.014693677
Richness: 0.014086958

Glycemic Load & Inflammation Profile:

Inflammation Load: 521.1329
Glycemic Load: 35.744087

Nutritional Content Per Serving:

Protein : 17.224998, g, OUT OF BOUNDS: TOO LOW VS. 18.666667175292968
---Adjusted Protein : 0.0, g
Total lipid (fat) : 17.820002, g
Carbohydrate, by difference : 114.104996, g, OUT OF BOUNDS: TOO HIGH VS.
103.33333740234374
Ash : 9.455, g
Energy : 643.1, kcal
---Energy : 2689.85, kj
Starch : 0.0, g
Sugars, total : 53.845, g, OUT OF BOUNDS: TOO HIGH VS. 16.666667175292968
---Sucrose : 3.3000002, g
---Glucose (dextrose) : 6.57, g
---Fructose : 4.32, g
---Lactose : 0.0, g
---Maltose : 0.0, g
Alcohol, ethyl : 0.0, g
Fiber, total dietary : 23.599998, g
Water : 1106.385, g
Caffeine : 0.0, mg
Theobromine : 0.0, mg
Galactose : 0.0, g
Calcium, Ca : 277.0, mg, OUT OF BOUNDS: TOO LOW VS. 333.3333251953125
Iron, Fe : 7.595, mg
Magnesium, Mg : 226.5, mg
Phosphorus, P : 435.0, mg
Potassium, K : 3184.0, mg

Sodium, Na : 407.0, mg, OUT OF BOUNDS: TOO LOW VS. 500.0
 Zinc, Zn : 3.75, mg
 Copper, Cu : 1.093, mg
 Fluoride, F : 18.9, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
 Manganese, Mn : 2.6215, mg
 Selenium, Se : 16.75, mcg
 Vitamin A, IU : 5393.5, 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, : 270.0, RAE, OUT OF BOUNDS: TOO LOW VS.
 694.333349609375
 Carotene, beta : 3236.0, mcg, OUT OF BOUNDS: TOO HIGH VS. 1000.0
 Carotene, alpha : 0.0, mcg
 Thiamin (B-1) : 0.3645, mg
 Riboflavin (B-2) : 0.501, mg
 Niacin (B-3) : 4.7269998, mg
 Pantothenic acid (B-5) : 1.5825, mg, OUT OF BOUNDS: TOO LOW VS. 1.666666603088379
 Vitamin B-6 (Pyridoxal) : 1.043, mg
 Folate, total : 522.0, 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 : 95.3, 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) : 6.3849998, mg
 Vitamin K (phylloquinone) : 252.16501, mcg
 Cholesterol : 0.0, mg
 Choline, total : 96.05, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
 Cryptoxanthin, beta : 0.0, mcg
 Lutein + zeaxanthin : 5722.0, mcg
 Lycopene (prevents UV damage) : 0.0, mcg
 Tocopherol, beta : 0.0, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, gamma : 0.0, 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 : 522.0, mcg
 Folate, DFE mcg_DFEFolate, : 522.0, DFE
 Betaine : 44.9, mg
 Alanine g (helps enlarged : 0.6115, prostate)
 Arginine g (good for mitigating fatty : 1.0780001, liver), OUT OF BOUNDS: TOO HIGH VS.
 0.3333333253860474
 Aspartic acid : 1.156, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947
 Cystine : 0.23949999, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
 Glutamic acid : 3.7175002, g
 Glycine : 0.539, g
 Histidine : 0.29000002, g
 Isoleucine : 0.61899996, g
 Leucine : 0.83750004, g

Lysine : 0.742, g
 Methionine : 0.2035, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
 Phenylalanine : 0.579, g
 Proline : 0.693, g
 Hydroxyproline : 0.0, g
 Serine : 0.5965, g
 Tryptophan : 0.214, g
 Threonine : 0.54749995, g
 Tyrosine : 0.4355, g
 Valine : 0.648, 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 : 1.54195, 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) : 0.0, g
 12:0 (Lauric acid) : 0.0010, g
 13:0 : 0.0, g
 14:0 (Myristic acid) : 0.007999999, g
 15:0 (Pentadecanoic acid) : 0.0, g
 16:0 (Palmitic acid) : 1.1827, g
 17:0 (Margaric acid) : 0.0, g
 18:0 (Stearic acid) : 0.33775002, g
 20:0 (Arachidic acid) : 0.0, g
 24:0 (Lignoceric acid) : 0.0, g
 22:0 (Behenic acid) : 0.0, g
 Fatty acids, total monounsaturated : 2.59425, g
 14:1 : 0.0, g
 15:1 : 0.0, g
 16:1 undifferentiated : 0.0065, g
 16:1 (Palmitoleic acid) c : 0.0, g
 17:1 : 0.0, g
 18:1 undifferentiated : 2.57875, g
 18:1 (Oleic acid) c : 0.0, g
 20:1 : 0.0, 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 : 12.368951, g
 18:2 ---undifferentiated (n-6=Linoleic acid) : 11.99295, 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) : 0.375, 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 : 120.600006, mg
---Stigmasterol (a phytosterol) : 0.0, mg
---Campesterol (a phytosterol) : 0.0, mg
Beta-sitosterol : 0.0, mg

Number of nutrients above maximum target limits: 7

Number of nutrients within target limits: 112

Number of nutrients below minimum target limits: 21