

# Rye Purslane Spring Onion Thyme

(Serves 5)

## Ingredients:

1000.0 grams Rye  
50.0 grams Purslane, raw  
15.0 grams Thyme, fresh  
60.0 grams Oil, olive, salad or cooking  
25.0 grams Vinegar, cider  
120.0 grams Onions, spring or scallions (includes tops and bulb), raw  
5.0 grams Salt, table

## Ingredients Preparation/Cooking Instructions:

Boil whole uncooked rye seeds in twice the volume of water for 1 hour. Allow to cool in a salad bowl.

Add remaining ingredients (finely chop purslane, thyme and spring onions). Mix/toss.

## Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.24866867  
Sweetness: 0.009391714  
Sourness: 0.042220544  
Bitterness: 0.12823221  
Umami: 0.09211412  
Richness: 0.060258824

## Glycemic Load & Inflammation Profile:

Inflammation Load: 370.4284  
Glycemic Load: 40.578545  
Complete Protein (g) 2.5487936

## Nutritional Content Per Serving:

Protein : 21.415998, g  
---Adjusted Protein : 0.0, g  
Total lipid (fat) : 15.366, g  
Carbohydrate, by difference : 154.6046, g, OUT OF BOUNDS: TOO HIGH VS.

103.33333740234374

Ash : 4.5619, g  
Energy : 795.44, kcal, OUT OF BOUNDS: TOO HIGH VS. 766.666650390625  
---Energy : 3328.17, kj, OUT OF BOUNDS: TOO HIGH VS. 3209.8798828125  
Starch : 0.0, g  
Sugars, total : 2.5392, g  
---Sucrose : 1.42, g  
---Glucose (dextrose) : 0.325, g  
---Fructose : 0.235, g  
---Lactose : 0.0, g  
---Maltose : 0.0, g  
Alcohol, ethyl : 0.0, g  
Fiber, total dietary : 31.244001, g  
Water : 58.796997, g  
Caffeine : 0.0, mg  
Theobromine : 0.0, mg  
Galactose : 0.0, g  
Calcium, Ca : 84.64, mg, OUT OF BOUNDS: TOO LOW VS. 333.3333251953125  
Iron, Fe : 6.4182005, mg  
Magnesium, Mg : 236.66, mg  
Phosphorus, P : 680.86005, mg  
Potassium, K : 1157.76, mg, OUT OF BOUNDS: TOO LOW VS. 1566.66669921875  
Sodium, Na : 400.68002, mg, OUT OF BOUNDS: TOO LOW VS. 500.0  
Zinc, Zn : 5.4679, mg  
Copper, Cu : 0.78257006, mg  
Fluoride, F : 0.02, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125  
Manganese, Mn : 5.28772, mg, OUT OF BOUNDS: TOO HIGH VS. 3.666666793823242  
Selenium, Se : 28.039997, mcg  
Vitamin A, IU : 535.81, 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\_RAEVitamin A, : 27.740002, RAE, OUT OF BOUNDS: TOO LOW VS.  
694.333349609375  
Carotene, beta : 243.05002, mcg  
Carotene, alpha : 0.0, mcg  
Thiamin (B-1) : 0.65134, mg  
Riboflavin (B-2) : 0.54653, mg  
Niacin (B-3) : 8.768721, mg  
Pantothenic acid (B-5) : 2.9458697, mg  
Vitamin B-6 (Pyridoxal) : 0.62038, mg  
Folate, total : 93.909996, mcg, OUT OF BOUNDS: TOO LOW VS. 106.66666259765626  
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 : 11.415001, 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) : 3.5540001, mg  
Vitamin K (phylloquinone) : 68.704, mcg

Cholesterol : 0.0, mg  
Choline, total : 63.483997, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374  
Cryptoxanthin, beta : 0.0, mcg  
Lutein + zeaxanthin : 692.88, mcg  
Lycopene (prevents UV damage) : 0.0, mcg  
Tocopherol, beta : 0.0132, mg, OUT OF BOUNDS: TOO LOW VS. 3.33333206176758  
Tocopherol, gamma : 0.0996, mg, OUT OF BOUNDS: TOO LOW VS. 3.33333206176758  
Tocopherol, delta : 0.0, mg, OUT OF BOUNDS: TOO LOW VS. 3.33333206176758  
Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0  
Folate, food : 93.909996, mcg, OUT OF BOUNDS: TOO LOW VS. 133.33333740234374  
Folate, DFE mcg\_DFEFolate, : 93.909996, DFE, OUT OF BOUNDS: TOO LOW VS.  
133.33333740234374  
Betaine : 292.212, mg  
Alanine g (helps enlarged : 0.8346801, prostate)  
Arginine g (good for mitigating fatty : 0.94468, liver), OUT OF BOUNDS: TOO HIGH VS.  
0.333333253860474  
Aspartic acid : 1.1673601, g, OUT OF BOUNDS: TOO HIGH VS. 0.666666507720947  
Cystine : 9.0E-4, g, OUT OF BOUNDS: TOO LOW VS. 0.333333253860474  
Glutamic acid : 4.69782, g  
Glycine : 0.85783994, g  
Histidine : 0.38768, g  
Isoleucine : 0.44772997, g  
Leucine : 1.16802, g  
Lysine : 0.60332, g  
Methionine : 0.31199998, g, OUT OF BOUNDS: TOO LOW VS. 0.333333253860474  
Phenylalanine : 0.88926, g  
Proline : 1.6431401, g  
Hydroxyproline : 0.0, g  
Serine : 0.93958, g  
Tryptophan : 0.22562, g  
Threonine : 0.6043, g  
Tyrosine : 0.41482, g  
Valine : 0.66894996, 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 : 2.07265, g  
4:0 (Butyric acid) : 0.0, g  
6:0 (Caproic acid) : 0.0, g  
8:0 (Caprylic acid: melts @ 16.3 deg C) : 0.00123, g  
10:0 (Capric acid: melts @ 31.3 deg C) : 6.3E-4, g  
12:0 (Lauric acid) : 0.0011700001, g

13:0 : 0.0, g  
14:0 (Myristic acid) : 0.00502, g  
15:0 (Pentadecanoic acid) : 0.0, g  
16:0 (Palmitic acid) : 1.7423099, g  
17:0 (Margaric acid) : 0.00264, g  
18:0 (Stearic acid) : 0.24849, g  
20:0 (Arachidic acid) : 0.049680002, g  
24:0 (Lignoceric acid) : 0.0, g  
22:0 (Behenic acid) : 0.01548, g  
Fatty acids, total monounsaturated : 9.18023, g  
14:1 : 0.0, g  
15:1 : 0.0, g  
16:1 undifferentiated : 0.1646, g  
16:1 (Palmitoleic acid) c : 0.0, g  
17:1 : 0.015000001, g  
18:1 undifferentiated : 8.947189, g  
18:1 (Oleic acid) c : 0.0, g  
20:1 : 0.05532, 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 : 2.83048, g  
18:2 ---undifferentiated (n-6=Linoleic acid) : 2.50879, 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) : 0.32169, 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 : 26.52, 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: 108  
Number of nutrients below minimum target limits: 26