

Split Pea Hemp Pumpkin Seed Soup

(4 Servings)



Ingredients:

1000.0 grams Peas, green, cooked, boiled, drained, without salt
200.0 grams Hemp seed
100.0 grams Seeds, pumpkin and squash seeds, whole, roasted, without salt
15.0 grams Spices, caraway seed
15.0 grams Spices, pepper, black
5.0 grams Salt, table

Preparation/Cooking Instructions:

Briefly boil 1.5 cups split peas in ~3 cups water, then simmer for ½ hour or until most water is absorbed.

Add remaining ingredients (first blending in a food processor with a little water for faster version).

Add water and simmer for 30-45 minutes.
For creamier soup, further blend and return to pot.
Serve as is, or optionally sprinkle on nutritional yeast as a tasty parmesan cheese substitute.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.24556403
Sweetness: 0.046482388
Sourness: 0.10527953
Bitterness: 0.16905873
Umami: 0.07568297
Richness: 0.07151872

Glycemic Load & Inflammation Profile:

Inflammation Load: 114.95773
Glycemic Load: 46.685104
Complete Protein 7.8575606

Nutritional Content Per Serving:

Protein : 31.5895, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 23.869373, g
Carbohydrate, by difference : 70.61412, g
Ash : 7.68, g
Energy : 658.55, kcal
---Energy : 2538.75, kj
Starch : 2.5, g
Sugars, total : 16.373001, g
---Sucrose : 13.669999, g
---Glucose (dextrose) : 0.475, g
---Fructose : 1.25, g
---Lactose : 0.0, g
---Maltose : 0.45000002, g
Alcohol, ethyl : 0.0, g
Fiber, total dietary : 21.76875, g
Water : 199.36676, g
Caffeine : 0.0, mg
Theobromine : 0.0, mg
Galactose : 0.13, g
Calcium, Ca : 178.775, mg, OUT OF BOUNDS: TOO LOW VS. 333.3333251953125
Iron, Fe : 11.3725, mg
Magnesium, Mg : 421.4625, mg, OUT OF BOUNDS: TOO HIGH VS. 256.6666748046875

Phosphorus, P : 923.2875, mg
 Potassium, K : 1434.725, mg, OUT OF BOUNDS: TOO LOW VS. 1566.66669921875
 Sodium, Na : 504.0125, mg
 Zinc, Zn : 9.310751, mg
 Copper, Cu : 1.6817626, mg
 Fluoride, F : 1.3075, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
 Manganese, Mn : 5.1974373, mg, OUT OF BOUNDS: TOO HIGH VS. 3.666666793823242
 Selenium, Se : 5.32125, mcg, OUT OF BOUNDS: TOO LOW VS. 15.0
 Vitamin A, IU : 2044.8251, IU
 Retinol : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 300.0
 Vitamin A, RAE mcg_RAE Vitamin A, : 101.9875, RAE, OUT OF BOUNDS: TOO LOW VS.
 694.333349609375
 Carotene, beta : 1187.9375, mcg, OUT OF BOUNDS: TOO HIGH VS. 1000.0
 Carotene, alpha : 55.0, mcg
 Thiamin (B-1) : 0.87445, mg
 Riboflavin (B-2) : 0.45871252, mg
 Niacin (B-3) : 6.5520496, mg
 Pantothenic acid (B-5) : 0.3965, mg, OUT OF BOUNDS: TOO LOW VS. 1.666666603088379
 Vitamin B-6 (Pyridoxal) : 0.72550005, mg
 Folate, total : 160.5, 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 : 37.649998, mg
 Vitamin D : 0, IU, OUT OF BOUNDS: TOO LOW VS. 66.66
 Vitamin E : 0.0, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 ---Vitamin E (alpha-tocopherol) : 45.47075, mg
 Vitamin K (phylloquinone) : 70.88875, mcg
 Cholesterol : 0.0, mg
 Choline, total : 75.6, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
 Cryptoxanthin, beta : 3.9750004, mcg
 Lutein + zeaxanthin : 6497.875, mcg
 Lycopene (prevents UV damage) : 0.45000002, mcg
 Tocopherol, beta : 0.0, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, gamma : 2.646, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, delta : 0.053375, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
 Folate, food : 160.5, mcg
 Folate, DFE mcg_DFE Folate, : 160.5, DFE
 Betaine : 0.83375, mg
 Alanine g (helps enlarged : 1.4855251, prostate)
 Arginine g (good for mitigating fatty : 3.4167001, liver), OUT OF BOUNDS: TOO HIGH VS.
 0.3333333253860474
 Aspartic acid : 3.1614, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947
 Cystine : 0.3543375, g
 Glutamic acid : 5.051838, g
 Glycine : 1.414075, g
 Histidine : 0.7668749, g

Isoleucine : 1.242475, g
Leucine : 2.098675, g
Lysine : 1.6851625, g
Methionine : 0.61028755, g
Phenylalanine : 1.3435124, g
Proline : 1.2258875, g
Hydroxyproline : 0.0, g
Serine : 1.334975, g
Tryptophan : 0.28315, g
Threonine : 1.1416, g
Tyrosine : 0.92657506, g
Valine : 1.6316376, 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 : 1.0749999, 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) : 3.75E-4, g
12:0 (Lauric acid) : 0.0062499996, g
13:0 : 0.0, g
14:0 (Myristic acid) : 0.008875, g
15:0 (Pentadecanoic acid) : 0.0, g
16:0 (Palmitic acid) : 1.8297501, g
17:0 (Margaric acid) : 0.0, g
18:0 (Stearic acid) : 0.711375, 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 : 3.5105627, g
14:1 : 0.0, g
15:1 : 0.0, g
16:1 undifferentiated : 0.013875, g
16:1 (Palmitoleic acid) c : 0.0, g
17:1 : 0.0, g
18:1 undifferentiated : 1.8454376, g
18:1 (Oleic acid) c : 1.65, 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 : 15.631074, g
18:2 ---undifferentiated (n-6=Linoleic acid) : 2.5482, g
18:2 n-6 c,c (Linoleic acid) : 9.0, g
18:2 i : 0.0, g
18:2 CLAs : 0.0, g
18:3 ---undifferentiated (n-3=a-Linolenic acid) : 4.078375, g
18:3 n-3 c,c,c (a-Linolenic acid) : 3.6, g
18:3 n-6 c,c,c (Linolenic acid) : 0.4, g
18:3i : 0.0, g
18:4 : 0.2, 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 : 225.3, mg
---Stigmasterol (a phytosterol) : 120.5, mg
---Campesterol (a phytosterol) : 33.0, mg
Beta-sitosterol : 33.0, mg

Number of nutrients above maximum target limits: 6
Number of nutrients within target limits: 119
Number of nutrients below minimum target limits: 15