

Squash Millet Lima Bean (Serves 3)



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Ingredients:

800.0 grams Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt
100.0 grams Parsley, raw
800.0 grams Millet, cooked
280.0 grams Lima beans, large, mature seeds, cooked, boiled, without salt
30.0 grams Oil, olive, salad or cooking
4.0 grams Salt, table
40.0 grams Seeds, chia seeds, dried
30.0 grams Spices, poppy seed

Preparation/Cooking Instructions:

Cook millet (2 cups millet w/ 3 cups water: bring to boil then simmer for 15 minutes).
Stir fry cut zucchini with lima beans until tender.
Remove from heat. Add & mix remaining ingredients.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.21147938
Sweetness: 0.01611293
Sourness: 0.1099232
Bitterness: 0.08627487
Umaminess: 0.029426826
Richness: 0.032390594

Glycemic Load & Inflammation Profile (Per Serving):

Inflammation Load: 575.7698
Glycemic Load: 29.55683
Complete Protein (grams) 6.0226703

Nutritional Content Per Serving:

Protein : 24.551666, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 22.500668, g
Carbohydrate, by difference : 100.551, g
Ash : 7.0903335, g
Energy : 682.9, kcal
---Energy : 2861.8335, kj
Starch : 0.0, g
Sugars, total : 11.555667, g
---Sucrose : 1.1930001, g
---Glucose (dextrose) : 2.597, g
---Fructose : 4.429, g
---Lactose : 0.0, g
---Maltose : 0.0, g
Alcohol, ethyl : 0.0, g
Fiber, total dietary : 20.743334, g
Water : 539.9717, g
Caffeine : 0.0, mg
Theobromine : 0.0, mg
Galactose : 0.0, g
Calcium, Ca : 346.22003, mg

Iron, Fe : 8.0004, mg
 Magnesium, Mg : 259.51334, mg, OUT OF BOUNDS: TOO HIGH VS. 256.6666748046875
 Phosphorus, P : 701.6667, mg
 Potassium, K : 1621.5734, mg
 Sodium, Na : 555.97327, mg
 Zinc, Zn : 5.806667, mg
 Copper, Cu : 1.0251667, mg
 Fluoride, F : 2.08, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
 Manganese, Mn : 2.6825666, mg
 Selenium, Se : 8.518, mcg, OUT OF BOUNDS: TOO LOW VS. 15.0
 Vitamin A, IU : 5794.667, 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, : 289.66666, RAE, OUT OF BOUNDS: TOO LOW VS. 694.333349609375
 Carotene, beta : 3476.6665, mcg, OUT OF BOUNDS: TOO HIGH VS. 1000.0
 Carotene, alpha : 0.0, mcg
 Thiamin (B-1) : 0.6403333, mg
 Riboflavin (B-2) : 0.37666667, mg
 Niacin (B-3) : 5.826867, mg
 Pantothenic acid (B-5) : 1.7836, mg
 Vitamin B-6 (Pyridoxal) : 0.70629996, mg
 Folate, total : 261.6667, 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 : 78.83333, 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) : 2.4033334, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Vitamin K (phylloquinone) : 566.55334, mcg
 Cholesterol : 0.0, mg
 Choline, total : 90.44333, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
 Cryptoxanthin, beta : 0.0, mcg
 Lutein + zeaxanthin : 5107.0, mcg
 Lycopene (prevents UV damage) : 0.0, mcg
 Tocopherol, beta : 0.8410001, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, gamma : 1.1416667, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, delta : 0.023000002, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
 Folate, food : 261.6667, mcg
 Folate, DFE mcg_DFEFolate, : 261.6667, DFE
 Betaine : 0.9, mg
 Alanine g (helps enlarged : 1.5693, prostate)
 Arginine g (good for mitigating fatty : 1.3430333, liver), OUT OF BOUNDS: TOO HIGH VS. 0.3333333253860474
 Aspartic acid : 2.3151667, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947
 Cystine : 0.36010003, g

Glutamic acid : 4.088367, g
Glycine : 0.88086665, g
Histidine : 0.5970334, g
Isoleucine : 1.0536333, g
Leucine : 2.2839668, g
Lysine : 1.0379333, g
Methionine : 0.37926668, g
Phenylalanine : 1.2322668, g
Proline : 1.5937334, g
Hydroxyproline : 0.0, g
Serine : 1.3757334, g
Tryptophan : 0.33273336, g
Threonine : 0.8538, g
Tyrosine : 0.7580334, g
Valine : 1.3127, 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 : 3.0337002, g
4:0 (Butyric acid) : 0.0, g
6:0 (Caproic acid) : 0.0037000002, 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) : 0.0026666669, g
13:0 : 0.0, g
14:0 (Myristic acid) : 0.0153, g
15:0 (Pentadecanoic acid) : 0.0040, g
16:0 (Palmitic acid) : 2.3551, g
17:0 (Margaric acid) : 0.0106, g
18:0 (Stearic acid) : 0.5410333, g
20:0 (Arachidic acid) : 0.0577000004, g
24:0 (Lignoceric acid) : 0.0, g
22:0 (Behenic acid) : 0.017166667, g
Fatty acids, total monounsaturated : 8.842633, g
14:1 : 0.0040, g
15:1 : 0.0, g
16:1 undifferentiated : 0.14606668, g
16:1 (Palmitoleic acid) c : 0.0, g
17:1 : 0.0125, g
18:1 undifferentiated : 8.6503, g
18:1 (Oleic acid) c : 0.5864, g
20:1 : 0.058366667, g

22:1 undifferentiated : 0.0018666667, g
24:1 c (Nervonic acid) : 0.0, g
22:1 c (Erucic acid) : 0.0, g
Fatty acids, total polyunsaturated : 8.8192005, g
18:2 ---undifferentiated (n-6=Linoleic acid) : 6.1601667, 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) : 2.8199334, g
18:3 n-3 c,c,c (a-Linolenic acid) : 0.0273, 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 : 32.666668, 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: 5

Number of nutrients within target limits: 118

Number of nutrients below minimum target limits: 17