

Squash Onion Ginger Soup

(4 Servings)



Ingredients:

2300.0 grams Squash, winter, butternut, frozen, cooked, boiled, without salt
500.0 grams Onions, frozen, chopped, cooked, boiled, drained, without salt
185.0 grams Seeds, butternut squash and/or pumpkin seed kernels, roasted, without salt
5.0 grams Spices, parsley, dried
15.0 grams Spices, pepper, black
15.0 grams Spices, ginger, ground
20.0 grams Spices, poppy seed
5.0 grams Salt, table
Preparation/Cooking

Preparation/Cooking Instructions:

Bake squash @ 425 deg. F. for 50 minutes.
Remove and roast seeds.
Briefly fry onion in a soup pot with a small amount of cooking oil.
Blend all ingredients (squash separately if not
Add water and simmer for 30-45 minutes.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.2040829
Sweetness: 0.0059054834
Sourness: 0.034144264
Bitterness: 0.07384341
Umami: 0.029570116
Richness: 0.033766832

Glycemic Load & Inflammation Profile:

Inflammation Load: 204.3024
Glycemic Load: 3.0088987
Protein Completeness 5.344709

Nutritional Content Per Serving:

Protein : 23.821001, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 25.705002, g
Carbohydrate, by difference : 79.95288, g
Ash : 9.390376, g
Energy : 577.2, kcal
---Energy : 2414.7249, kj
Starch : 0.34225002, g
Sugars, total : 4.613125, g
---Sucrose : 0.702375, g
---Glucose (dextrose) : 0.131125, g
---Fructose : 0.118875004, g
---Lactose : 0.0, g
---Maltose : 0.0, g
Alcohol, ethyl : 0.0, g
Fiber, total dietary : 8.0275, g, OUT OF BOUNDS: TOO LOW VS. 10.0
Water : 622.2084, g
Caffeine : 0.0, mg
Theobromine : 0.0, mg
Galactose : 0.007125, g

Calcium, Ca : 260.4875, mg, OUT OF BOUNDS: TOO LOW VS. 333.3333251953125
 Iron, Fe : 9.72425, mg
 Magnesium, Mg : 350.1625, mg, OUT OF BOUNDS: TOO HIGH VS. 256.6666748046875
 Phosphorus, P : 708.2125, mg
 Potassium, K : 1431.3624, mg, OUT OF BOUNDS: TOO LOW VS. 1566.66669921875
 Sodium, Na : 529.10004, mg
 Zinc, Zn : 5.0054994, mg
 Copper, Cu : 0.97217506, mg
 Fluoride, F : 1.3075, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
 Manganese, Mn : 4.824037, mg, OUT OF BOUNDS: TOO HIGH VS. 3.666666793823242
 Selenium, Se : 10.135, mcg, OUT OF BOUNDS: TOO LOW VS. 15.0
 Vitamin A, IU : 19246.412, 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_RAE Vitamin A, : 962.28754, RAE
 Carotene, beta : 27.112503, mcg
 Carotene, alpha : 0.675, mcg
 Thiamin (B-1) : 0.39958748, mg
 Riboflavin (B-2) : 0.37560004, mg
 Niacin (B-3) : 5.2958503, mg
 Pantothenic acid (B-5) : 1.30235, mg, OUT OF BOUNDS: TOO LOW VS. 1.666666603088379
 Vitamin B-6 (Pyridoxal) : 0.5971001, mg
 Folate, total : 142.8, 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 : 26.87, 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) : 1.1747501, mg, OUT OF BOUNDS: TOO LOW VS.
 3.333333206176758
 Vitamin K (phylloquinone) : 25.61875, mcg, OUT OF BOUNDS: TOO LOW VS. 40.0
 Cholesterol : 0.0, mg
 Choline, total : 38.26, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
 Cryptoxanthin, beta : 1.85, mcg
 Lutein + zeaxanthin : 55.6625, mcg
 Lycopene (prevents UV damage) : 0.22500001, mcg
 Tocopherol, beta : 0.45725003, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, gamma : 6.6245, mg
 Tocopherol, delta : 0.144375, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
 Folate, food : 142.8, mcg
 Folate, DFE mcg_DFE Folate, : 142.8, DFE
 Betaine : 1.22125, mg
 Alanine g (helps enlarged : 1.0678124, prostate)
 Arginine g (good for mitigating fatty : 3.0900252, liver), OUT OF BOUNDS: TOO HIGH VS.
 0.3333333253860474
 Aspartic acid : 2.3616624, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947
 Cystine : 0.2521375, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474

Glutamic acid : 4.50205, g
Glycine : 1.2180625, g
Histidine : 0.541825, g
Isoleucine : 0.9650625, g
Leucine : 1.6561875, g
Lysine : 0.9530375, g
Methionine : 0.40400004, g
Phenylalanine : 1.1604874, g
Proline : 1.0547125, g
Hydroxyproline : 0.0, g
Serine : 1.1384875, g
Tryptophan : 0.3921625, g
Threonine : 0.7470374, g
Tyrosine : 0.81320006, g
Valine : 1.142625, g
Fatty acids, total trans : 0.019425, g
---Fatty acids, total trans-monoenoic : 0.0074000005, g
16:1 t (trans-Palmitoleic acid) : 0.0, g
18:1 t (trans-Oleic acid) : 0.0069375, g
22:1 t (trans-Erucic acid) : 4.6250003E-4, g
---Fatty acids, total trans-polyenoic : 0.0120250005, g
18:2 t not further defined : 0.0120250005, g
18:2 t,t : 0.0, g
Fatty acids, total saturated : 4.397125, g
4:0 (Butyric acid) : 0.0, g
6:0 (Caproic acid) : 0.0050875, g
8:0 (Caprylic acid: melts @ 16.3 deg C) : 0.0031750002, g
10:0 (Capric acid: melts @ 31.3 deg C) : 0.0076750005, g
12:0 (Lauric acid) : 0.016275002, g
13:0 : 0.0, g
14:0 (Myristic acid) : 0.038175, g
15:0 (Pentadecanoic acid) : 0.0037000002, g
16:0 (Palmitic acid) : 2.7480624, g
17:0 (Margaric acid) : 0.017575, g
18:0 (Stearic acid) : 1.3986126, g
20:0 (Arachidic acid) : 0.10185001, g
24:0 (Lignoceric acid) : 0.019887501, g
22:0 (Behenic acid) : 0.02775, g
Fatty acids, total monounsaturated : 7.7011127, g
14:1 : 0.0, g
15:1 : 0.0, g
16:1 undifferentiated : 0.0223, g
16:1 (Palmitoleic acid) c : 0.02035, g
17:1 : 0.0, g
18:1 undifferentiated : 7.645263, g
18:1 (Oleic acid) c : 7.51795, g
20:1 : 0.0284125, g

22:1 undifferentiated : 4.6250003E-4, g
 24:1 c (Nervonic acid) : 0.004625, g
 22:1 c (Erucic acid) : 0.0, g
 Fatty acids, total polyunsaturated : 10.9690485, g
 18:2 ---undifferentiated (n-6=Linoleic acid) : 10.669163, g
 18:2 n-6 c,c (Linoleic acid) : 9.046038, g
 18:2 i : 0.0, g
 18:2 CLAs : 0.0023125, g
 18:3 ---undifferentiated (n-3=a-Linolenic acid) : 0.19842498, g, OUT OF BOUNDS: TOO LOW VS.
 0.6
 18:3 n-3 c,c,c (a-Linolenic acid) : 0.075550005, 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 : 0.0055500004, g
 20:3 undifferentiated : 0.0, g
 20:3 n-3 : 0.0, g
 20:3 n-6 : 0.0, g
 20:4 undifferentiated : 0.056887504, 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 : 0.0023125, g
 22:5 n-3 : 0.0, g
 22:6 n-3 (DHA: Docosahexanoic acid) : 0.029725, g
 Phytosterols : 11.012501, mg, OUT OF BOUNDS: TOO LOW VS. 50.0
 ---Stigmasterol (a phytosterol) : 0.0, mg
 ---Campesterol (a phytosterol) : 1.3875, mg
 Beta-sitosterol : 6.0125003, mg

Number of nutrients above maximum target limits: 5

Number of nutrients within target limits: 114

Number of nutrients below minimum target limits: 21