

Turnip Sweet Potato Hemp Stew (Fish substitute)

(Serves 4)



Ingredients:

700.0 grams Turnips, cooked, boiled, drained, without salt
280.0 grams Hemp seed
40.0 grams Garlic, raw
350.0 grams Sweet potato, cooked, baked in skin, without salt
5.0 grams Spices, parsley, dried
5.0 grams Salt, table
10.0 grams Spices, pepper, black
25.0 grams Spearmint, dried

Preparation/Cooking Instructions:

Place raw turnips, garlic and (optionally already baked) sweet potato in a food processor fine chopping or mincing.

Put all ingredients in a pot or wok along with enough water to almost cover the ingredients.

Bring to boil and continue to boil for 5 minutes, then simmer for 15 minutes.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.2570459
Sweetness: 0.03990799
Sourness: 0.15921517
Bitterness: 0.14715612
Umami: 0.0610629
Richness: 0.07497278

Glycemic Load & Inflammation Profile:

Inflammation Load: 717.0899
Glycemic Load: 25.715725
Complete Protein (g) 7.7558403

Nutritional Content Per Serving:

Protein : 26.511124, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 26.521622, g
Carbohydrate, by difference : 62.071, g
Ash : 9.942249, g
Energy : 641.1375, kcal
---Energy : 2378.225, kj
Starch : 9.668751, g
Sugars, total : 14.209, g
---Sucrose : 3.4765, g
---Glucose (dextrose) : 1.12275, g
---Fructose : 0.8155, g
---Lactose : 0.0, g
---Maltose : 2.73, g
Alcohol, ethyl : 0.0, g
Fiber, total dietary : 14.527501, g
Water : 241.74051, g
Caffeine : 0.0, mg
Theobromine : 0.0, mg
Galactose : 0.182, g

Calcium, Ca : 461.32498, mg
 Iron, Fe : 17.58725, mg, OUT OF BOUNDS: TOO HIGH VS. 15.0
 Magnesium, Mg : 482.46252, mg, OUT OF BOUNDS: TOO HIGH VS. 256.6666748046875
 Phosphorus, P : 1007.025, mg
 Potassium, K : 1921.0498, mg
 Sodium, Na : 643.425, mg
 Zinc, Zn : 6.5093756, mg
 Copper, Cu : 1.8161999, mg
 Fluoride, F : 0.88, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
 Manganese, Mn : 7.957325, mg, OUT OF BOUNDS: TOO HIGH VS. 3.666666793823242
 Selenium, Se : 4.13875, mcg, OUT OF BOUNDS: TOO LOW VS. 15.0
 Vitamin A, IU : 17778.96, 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, : 888.8625, RAE
 Carotene, beta : 10247.575, mcg, OUT OF BOUNDS: TOO HIGH VS. 1000.0
 Carotene, alpha : 40.175, mcg
 Thiamin (B-1) : 0.49100003, mg
 Riboflavin (B-2) : 0.6662625, mg
 Niacin (B-3) : 5.5744376, mg
 Pantothenic acid (B-5) : 1.3283376, mg, OUT OF BOUNDS: TOO LOW VS. 1.666666603088379
 Vitamin B-6 (Pyridoxal) : 1.0056875, mg
 Folate, total : 81.675, 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 : 60.545006, 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) : 65.026245, mg
 Vitamin K (phylloquinone) : 210.375, mcg
 Cholesterol : 0.0, mg
 Choline, total : 43.855003, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
 Cryptoxanthin, beta : 1.8000001, mcg
 Lutein + zeaxanthin : 370.92502, mcg
 Lycopene (prevents UV damage) : 0.15, mcg
 Tocopherol, beta : 0.0030, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, gamma : 0.35225, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, delta : 0.0022500001, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
 Folate, food : 81.675, mcg, OUT OF BOUNDS: TOO LOW VS. 133.33333740234374
 Folate, DFE mcg_DFEFolate, : 81.675, DFE, OUT OF BOUNDS: TOO LOW VS.
 133.33333740234374
 Betaine : 30.752497, mg
 Alanine g (helps enlarged : 1.374525, prostate)
 Arginine g (good for mitigating fatty : 2.648675, liver), OUT OF BOUNDS: TOO HIGH VS.
 0.3333333253860474
 Aspartic acid : 3.1318123, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947
 Cystine : 0.38345, g

Glutamic acid : 4.3202, g
Glycine : 1.2453375, g
Histidine : 0.69431245, g
Isoleucine : 1.1026, g
Leucine : 1.8961501, g
Lysine : 1.2391249, g
Methionine : 0.5686875, g
Phenylalanine : 1.2819124, g
Proline : 1.262875, g
Hydroxyproline : 0.0, g
Serine : 1.2696, g
Tryptophan : 0.284225, g
Threonine : 0.990275, g
Tyrosine : 0.8792, g
Valine : 1.4269375, 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 : 0.2918125, 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) : 2.0000001E-4, g
12:0 (Lauric acid) : 7.5E-4, g
13:0 : 0.0, g
14:0 (Myristic acid) : 0.0035625002, g
15:0 (Pentadecanoic acid) : 0.0, g
16:0 (Palmitic acid) : 1.8008626, g
17:0 (Margaric acid) : 0.0, g
18:0 (Stearic acid) : 0.5728125, 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 : 2.4150498, g
14:1 : 0.0, g
15:1 : 0.0, g
16:1 undifferentiated : 0.0010, g
16:1 (Palmitoleic acid) c : 0.0, g
17:1 : 0.0, g
18:1 undifferentiated : 0.1016125, g
18:1 (Oleic acid) c : 2.3659499, 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 : 19.20361, g
18:2 ---undifferentiated (n-6=Linoleic acid) : 0.27722502, g, OUT OF BOUNDS: TOO LOW VS.
2.3933332443237303
18:2 n-6 c,c (Linoleic acid) : 12.599999, g
18:2 i : 0.0, g
18:2 CLAs : 0.0, g
18:3 ---undifferentiated (n-3=a-Linolenic acid) : 5.96675, g
18:3 n-3 c,c,c (a-Linolenic acid) : 5.16675, g
18:3 n-6 c,c,c (Linolenic acid) : 0.56, g
18:3i : 0.0, g
18:4 : 0.28, 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) : 0.3567, g
Phytosterols : 314.025, mg
---Stigmasterol (a phytosterol) : 168.7, mg
---Campesterol (a phytosterol) : 46.2, mg
Beta-sitosterol : 46.2, mg

Number of nutrients above maximum target limits: 7
Number of nutrients within target limits: 116
Number of nutrients below minimum target limits: 17