

Veg Tofu Bake (Serves 3)



Ingredients:

500.0 grams Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt
1000.0 grams Peppers, sweet, green, cooked, boiled, drained, without salt
500.0 grams Mushrooms, shiitake, cooked, without salt
228.0 grams Onions, yellow, sauteed
638.0 grams Eggplant, cooked, boiled, drained, without salt
200.0 grams Carrots, cooked, boiled, drained, without salt
561.0 grams Parsnips, cooked, boiled, drained, without salt
567.0 grams Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)
1000.0 grams Tomatoes, red, ripe, raw, year round average
20.0 grams Oil, olive, salad or cooking
7.0 grams Spices, garlic powder

5.0 grams Spices, marjoram, dried
4.0 grams Salt, table

Preparation/Cooking Instructions:

Chop vegetables and tofu into finger or smaller chunks.
Place harder vegetables, especially parsnips, on the bottom of a baking dish/pan.
Add spices in approximately the middle layer.
Stack harder to softer chunks, with tomatoes on top.
Bake @ 425 deg. F for 35 minutes or until parsnips are soft/browning occurs.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.18303989
Sweetness: 0.023207368
Sourness: 0.082393505
Bitterness: 0.04497806
Umami: 0.021626912
Richness: 0.017902235

Glycemic Load & Inflammation Profile (Per Serving):

Inflammation Load: 937.3751
Glycemic Load: 47.202057
Complete Protein (grams) 4.370122

Nutritional Content Per Serving (limits relative to 100 grams of scrambled eggs):

Protein : 29.367832, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 25.874697, g
Carbohydrate, by difference : 111.56603, g, OUT OF BOUNDS: TOO HIGH VS.
103.33333740234374
Ash : 10.869933, g
Energy : 723.57336, kcal
---Energy : 3036.607, kj
Starch : 0.11333334, g
Sugars, total : 34.131535, g, OUT OF BOUNDS: TOO HIGH VS. 16.666667175292968
---Sucrose : 3.1188335, g
---Glucose (dextrose) : 8.1616335, g
---Fructose : 9.198566, g
---Lactose : 0.0, g
---Maltose : 0.0, g

Alcohol, ethyl : 0.0, g
 Fiber, total dietary : 27.514997, g
 Water : 1267.6738, g
 Caffeine : 0.0, mg
 Theobromine : 0.0, mg
 Galactose : 0.0, g
 Calcium, Ca : 605.82996, mg
 Iron, Fe : 9.064068, mg
 Magnesium, Mg : 264.0433, mg, OUT OF BOUNDS: TOO HIGH VS. 256.6666748046875
 Phosphorus, P : 646.75995, mg
 Potassium, K : 3021.01, mg
 Sodium, Na : 640.05664, mg
 Zinc, Zn : 6.1171002, mg
 Copper, Cu : 2.6425867, mg
 Fluoride, F : 39.36, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
 Manganese, Mn : 3.3202934, mg
 Selenium, Se : 65.063995, mcg
 Vitamin A, IU : 16363.066, 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, : 819.98334, RAE
 Carotene, beta : 8383.033, mcg, OUT OF BOUNDS: TOO HIGH VS. 1000.0
 Carotene, alpha : 2862.6667, mcg, OUT OF BOUNDS: TOO HIGH VS. 2000.0
 Thiamin (B-1) : 0.7906, mg
 Riboflavin (B-2) : 0.7235567, mg
 Niacin (B-3) : 8.857973, mg
 Pantothenic acid (B-5) : 8.56347, mg
 Vitamin B-6 (Pyridoxal) : 1.5537599, mg
 Folate, total : 327.76337, mcg
 Vitamin B-12 (Cobalamin) : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS.
 0.666666507720947
 ---Vitamin B-12 : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 0.666666507720947
 Vitamin C, total ascorbic acid : 121.217995, mg
 Vitamin D : 51.666668, 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) : 7.135467, mg
 Vitamin K (phylloquinone) : 89.291, mcg
 Cholesterol : 0.0, mg
 Choline, total : 238.81499, mg
 Cryptoxanthin, beta : 3.8333335, mcg
 Lutein + zeaxanthin : 2959.9165, mcg
 Lycopene (prevents UV damage) : 8576.667, mcg
 Tocopherol, beta : 0.08466666, mg, OUT OF BOUNDS: TOO LOW VS.
 3.333333206176758
 Tocopherol, gamma : 4.7893333, mg
 Tocopherol, delta : 1.2036667, mg, OUT OF BOUNDS: TOO LOW VS.
 3.333333206176758
 Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0

Folate, food : 327.76337, mcg
 Folate, DFE mcg_DFEFolate, : 326.23004, DFE
 Betaine : 1.8856666, mg
 Alanine g (helps enlarged : 1.2354167, prostate)
 Arginine g (good for mitigating fatty : 1.9432502, liver), OUT OF BOUNDS: TOO HIGH VS. 0.3333333253860474
 Aspartic acid : 3.3249335, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947
 Cystine : 0.21250334, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
 Glutamic acid : 6.2516193, g
 Glycine : 1.06565, g
 Histidine : 0.6199033, g
 Isoleucine : 1.1827933, g
 Leucine : 1.9015198, g
 Lysine : 1.30372, g
 Methionine : 0.32399002, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
 Phenylalanine : 1.3502834, g
 Proline : 1.4116266, g
 Hydroxyproline : 0.0, g
 Serine : 1.3952168, g
 Tryptophan : 0.31165665, g
 Threonine : 1.2132934, g
 Tyrosine : 0.94335, g
 Valine : 1.2574633, 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 : 3.10506, 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) : 0.0066666673, g
 12:0 (Lauric acid) : 0.0033333336, g
 13:0 : 0.0, g
 14:0 (Myristic acid) : 0.04478333, g
 15:0 (Pentadecanoic acid) : 0.0, g
 16:0 (Palmitic acid) : 3.0832567, g
 17:0 (Margaric acid) : 0.0014666667, g
 18:0 (Stearic acid) : 0.96666664, g
 20:0 (Arachidic acid) : 0.0506, g
 24:0 (Lignoceric acid) : 0.0, g
 22:0 (Behenic acid) : 0.032253332, g
 Fatty acids, total monounsaturated : 5.417483, g

14:1 : 0.0, g
 15:1 : 0.0, g
 16:1 undifferentiated : 0.1312, g
 16:1 (Palmitoleic acid) c : 0.0, g
 17:1 : 0.008333334, g
 18:1 undifferentiated : 8.943206, g
 18:1 (Oleic acid) c : 0.0024733334, g
 20:1 : 0.091233335, g
 22:1 undifferentiated : 0.03996667, g
 24:1 c (Nervonic acid) : 2.0999998E-4, g
 22:1 c (Erucic acid) : 0.0, g
 Fatty acids, total polyunsaturated : 1.7449034, g
 18:2 ---undifferentiated (n-6=Linoleic acid) : 8.14552, 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) : 1.1680133, g
 18:3 n-3 c,c,c (a-Linolenic acid) : 2.8E-4, 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 : 5.133333E-4, g
 20:3 undifferentiated : 0.0, g
 20:3 n-3 : 0.0, g
 20:3 n-6 : 0.0, g
 20:4 undifferentiated : 0.0076, 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 : 42.253334, 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: 8

Number of nutrients within target limits: 118

Number of nutrients below minimum target limits: 14