

## Winter Squash Rye (Serves 3)



### Ingredients:

1500.0 grams Squash, winter, butternut, cooked, baked, without salt  
130.0 grams Seeds, pumpkin and squash seed kernels, roasted, without salt  
4.0 grams Spices, ginger, ground  
3.0 grams Spices, parsley, dried  
100.0 grams Rye  
100.0 grams Wheat germ, crude  
1.0 grams Salt, table

### **Preparation/Cooking Instructions:**

For fresh uncooked squash, bake in the oven at around 430 degrees F for around 1 hour, depending on size, maybe longer or shorter, until tender. Remove skin and seeds.

For frozen squash, heat slowly in wok or pot with enough water to prevent burning.

Blend 1/2 cup squash, 1/2 cup water, pumpkin seeds & spices until well mixed.

Mix all ingredients in wok or pot and heat to desired temperature, adding water as needed to prevent burning.

### **Flavor Profile (Relative Perceptual Scale):**

Saltiness: 0.16109364  
Sweetness: 0.017054392  
Sourness: 0.12161154  
Bitterness: 0.11208805  
Umaminess: 0.045508593  
Richness: 0.04182122

### **Glycemic Load & Inflammation Profile:**

Inflammation Load: 1844.9478  
Glycemic Load: 10.410141  
Complete Protein (grams) 7.010148

### **Nutritional Content Per Serving:**

Protein : 28.981901, g  
---Adjusted Protein : 0.0, g  
Total lipid (fat) : 25.622467, g  
Carbohydrate, by difference : 102.82793, g  
Ash : 7.9302, g  
Energy : 688.9467, kcal  
---Energy : 2890.3264, kj  
Starch : 0.32066664, g  
Sugars, total : 10.853567, g  
---Sucrose : 0.7742333, g  
---Glucose (dextrose) : 0.12753333, g  
---Fructose : 0.09493333, g  
---Lactose : 0.0, g  
---Maltose : 0.0, g  
Alcohol, ethyl : 0.0, g  
Fiber, total dietary : 12.683666, g

Water : 447.3043, g  
 Caffeine : 0.0, mg  
 Theobromine : 0.0, mg  
 Galactose : 0.0025333331, g  
 Calcium, Ca : 261.55997, mg, OUT OF BOUNDS: TOO LOW VS. 333.3333251953125  
 Iron, Fe : 9.835433, mg  
 Magnesium, Mg : 506.1233, mg, OUT OF BOUNDS: TOO HIGH VS.  
 256.6666748046875  
 Phosphorus, P : 1041.3999, mg  
 Potassium, K : 2273.5632, mg  
 Sodium, Na : 166.60666, mg, OUT OF BOUNDS: TOO LOW VS. 500.0  
 Zinc, Zn : 9.058333, mg  
 Copper, Cu : 1.2794665, mg  
 Fluoride, F : 0.0066666664, mcg, OUT OF BOUNDS: TOO LOW VS.  
 1333.33330078125  
 Manganese, Mn : 8.5501, mg, OUT OF BOUNDS: TOO HIGH VS. 3.666666793823242  
 Selenium, Se : 38.261333, mcg  
 Vitamin A, IU : 55803.484, 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, : 2791.3965, RAE  
 Carotene, beta : 22867.193, mcg, OUT OF BOUNDS: TOO HIGH VS. 1000.0  
 Carotene, alpha : 5650.603, mcg, OUT OF BOUNDS: TOO HIGH VS. 2000.0  
 Thiamin (B-1) : 1.1255734, mg  
 Riboflavin (B-2) : 0.42629665, mg  
 Niacin (B-3) : 10.627163, mg  
 Pantothenic acid (B-5) : 3.2902868, mg  
 Vitamin B-6 (Pyridoxal) : 1.2148666, mg  
 Folate, total : 228.35333, 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 : 77.62333, 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) : 7.3058662, mg  
 Vitamin K (phylloquinone) : 22.522335, mcg, OUT OF BOUNDS: TOO LOW VS.  
 40.0  
 Cholesterol : 0.0, mg  
 Choline, total : 38.953667, mg, OUT OF BOUNDS: TOO LOW VS.  
 183.33333740234374  
 Cryptoxanthin, beta : 15580.04, mcg, OUT OF BOUNDS: TOO HIGH VS. 2000.0  
 Lutein + zeaxanthin : 107.28, mcg  
 Lycopene (prevents UV damage) : 0.0, mcg  
 Tocopherol, beta : 0.039333332, mg, OUT OF BOUNDS: TOO LOW VS.  
 3.333333206176758  
 Tocopherol, gamma : 5.5692325, mg  
 Tocopherol, delta : 0.12133333, mg, OUT OF BOUNDS: TOO LOW VS.

3.333333206176758

Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0

Folate, food : 228.35333, mcg

Folate, DFE mcg\_DFEFolate, : 228.35333, DFE

Betaine : 49.412334, mg

Alanine g (helps enlarged : 1.4725533, prostate)

Arginine g (good for mitigating fatty : 3.3339732, liver), OUT OF BOUNDS:  
TOO HIGH VS. 0.3333333253860474

Aspartic acid : 2.67409, g, OUT OF BOUNDS: TOO HIGH VS.  
0.6666666507720947

Cystine : 0.33790666, g

Glutamic acid : 5.5763197, g

Glycine : 1.58714, g

Histidine : 0.7052867, g

Isoleucine : 1.09384, g

Leucine : 2.0342333, g

Lysine : 1.3033, g

Methionine : 0.52268666, g

Phenylalanine : 1.3910333, g

Proline : 1.4242133, g

Hydroxyproline : 0.0, g

Serine : 1.4256033, g

Tryptophan : 0.45882335, g

Threonine : 0.99525666, g

Tyrosine : 0.93184996, g

Valine : 1.4008701, g

Fatty acids, total trans : 0.018199999, g

---Fatty acids, total trans-monoenoic : 0.0069333334, g

16:1 t (trans-Palmitoleic acid) : 0.0, g

18:1 t (trans-Oleic acid) : 0.0064999997, g

22:1 t (trans-Erucic acid) : 4.3333333E-4, g

---Fatty acids, total trans-polyenoic : 0.011266666, g

18:2 t not further defined : 0.011266666, g

18:2 t,t : 0.0, g

Fatty acids, total saturated : 4.451673, g

4:0 (Butyric acid) : 0.0, g

6:0 (Caproic acid) : 0.0030333335, g

8:0 (Caprylic acid: melts @ 16.3 deg C) : 0.0016666667, g

10:0 (Capric acid: melts @ 31.3 deg C) : 0.0032666668, g

12:0 (Lauric acid) : 0.0070, g

13:0 : 0.0, g

14:0 (Myristic acid) : 0.032133333, g

15:0 (Pentadecanoic acid) : 0.0034666667, g

16:0 (Palmitic acid) : 2.9417734, g

17:0 (Margaric acid) : 0.016466666, g

18:0 (Stearic acid) : 1.2945, g

20:0 (Arachidic acid) : 0.0936, g

24:0 (Lignoceric acid) : 0.018633334, g  
 22:0 (Behenic acid) : 0.025999999, g  
 Fatty acids, total monounsaturated : 7.3944626, g  
 14:1 : 0.0, g  
 15:1 : 0.0, g  
 16:1 undifferentiated : 0.032733332, g  
 16:1 (Palmitoleic acid) c : 0.019066665, g  
 17:1 : 0.0, g  
 18:1 undifferentiated : 7.331663, g  
 18:1 (Oleic acid) c : 6.7684965, g  
 20:1 : 0.025966667, g  
 22:1 undifferentiated : 4.3333333E-4, g  
 24:1 c (Nervonic acid) : 0.004333333, g  
 22:1 c (Erucic acid) : 0.0, g  
 Fatty acids, total polyunsaturated : 11.111892, g  
 18:2 ---undifferentiated (n-6=Linoleic acid) : 10.56353, g  
 18:2 n-6 c,c (Linoleic acid) : 8.475566, g  
 18:2 i : 0.0, g  
 18:2 CLAs : 0.0021666666, g  
 18:3 ---undifferentiated (n-3=a-Linolenic acid) : 0.45741665, g, OUT OF  
 BOUNDS: TOO LOW VS. 0.6  
 18:3 n-3 c,c,c (a-Linolenic acid) : 0.05655, 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 : 0.0052, g  
 20:3 undifferentiated : 0.0, g  
 20:3 n-3 : 0.0, g  
 20:3 n-6 : 0.0, g  
 20:4 undifferentiated : 0.053299997, 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 : 0.0021666666, g  
 22:5 n-3 : 0.0, g  
 22:6 n-3 (DHA: Docosahexanoic acid) : 0.023780001, g  
 Phytosterols : 1.1066667, mg, OUT OF BOUNDS: TOO LOW VS. 50.0  
 ---Stigmasterol (a phytosterol) : 0.0, mg  
 ---Campesterol (a phytosterol) : 1.3, mg  
 Beta-sitosterol : 5.633333, mg

Number of nutrients above maximum target limits: 8  
 Number of nutrients within target limits: 116  
 Number of nutrients below minimum target limits: 16