

Zucchini Pea Hemp Mash

(3 Servings)



Ingredients:

1000.0 grams Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt
1.0 grams Oil, olive, salad or cooking
10.0 grams Seeds, sesame butter, tahini, type of kernels unspecified
160.0 grams Hemp seed
30.0 grams Garlic, raw
13.0 grams Lemon juice, raw
325.0 grams Peas, edible-podded, boiled, drained, without salt
10.0 grams Spices, allspice, ground
5.0 grams Spices, cumin seed
5.0 grams Salt, table
4.0 grams Spices, paprika
120.0 grams Wheat germ, crude

Preparation/Cooking Instructions:

Bake sliced squash and peas on 425 deg. F until tender (about 20 minutes)
Blend ingredients.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.23363924
Sweetness: 0.027993066
Sourness: 0.1751827
Bitterness: 0.10108639
Umami: 0.043752972
Richness: 0.048676763

Glycemic Load & Inflammation Profile:

Inflammation Load: 351.12384
Glycemic Load: 24.791183
Protein Completeness 8.269529

Nutritional Content Per Serving:

Protein : 31.758265, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 27.307665, g
Carbohydrate, by difference : 60.325333, g
Ash : 9.5922, g
Energy : 633.0333, kcal
---Energy : 2420.35, kj
Starch : 2.6666667, g
Sugars, total : 16.201868, g
---Sucrose : 1.8721334, g
---Glucose (dextrose) : 3.3950665, g
---Fructose : 5.8294663, g
---Lactose : 0.0, g
---Maltose : 0.0, g
Alcohol, ethyl : 0.0, g
Fiber, total dietary : 14.491001, g
Water : 431.59036, g
Caffeine : 0.0, mg
Theobromine : 0.0, mg

Galactose : 0.14119999, g
 Calcium, Ca : 243.18333, mg, OUT OF BOUNDS: TOO LOW VS. 333.3333251953125
 Iron, Fe : 13.186701, mg
 Magnesium, Mg : 463.71002, mg, OUT OF BOUNDS: TOO HIGH VS. 256.6666748046875
 Phosphorus, P : 1196.96, mg
 Potassium, K : 2111.6965, mg
 Sodium, Na : 679.43665, mg
 Zinc, Zn : 10.5918, mg
 Copper, Cu : 1.7681167, mg
 Fluoride, F : 0.033333335, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
 Manganese, Mn : 10.146503, mg, OUT OF BOUNDS: TOO HIGH VS. 3.666666793823242
 Selenium, Se : 35.907665, mcg
 Vitamin A, IU : 5587.5996, 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, : 280.27, RAE, OUT OF BOUNDS: TOO LOW VS.
 694.333349609375
 Carotene, beta : 3262.4663, mcg, OUT OF BOUNDS: TOO HIGH VS. 1000.0
 Carotene, alpha : 45.5, mcg
 Thiamin (B-1) : 1.3182001, mg
 Riboflavin (B-2) : 0.46149004, mg
 Niacin (B-3) : 6.9807005, mg
 Pantothenic acid (B-5) : 2.67968, mg
 Vitamin B-6 (Pyridoxal) : 1.3012269, mg
 Folate, total : 244.06, 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 : 103.061325, mg
 Vitamin D : 0 IU, OUT OF BOUNDS: TOO LOW VS. 66.7
 Vitamin E : 0.0, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 ---Vitamin E (alpha-tocopherol) : 49.338066, mg
 Vitamin K (phylloquinone) : 42.61467, mcg
 Cholesterol : 0.0, mg
 Choline, total : 53.82367, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
 Cryptoxanthin, beta : 106.376656, mcg
 Lutein + zeaxanthin : 4778.717, mcg
 Lycopene (prevents UV damage) : 0.0, mcg
 Tocopherol, beta : 0.0050333333, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, gamma : 0.046099998, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, delta : 9.333333E-4, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
 Folate, food : 244.06, mcg
 Folate, DFE mcg_DFEFolate, : 244.06, DFE
 Betaine : 1.095, mg
 Alanine g (helps enlarged : 1.4703333, prostate)
 Arginine g (good for mitigating fatty : 2.7236166, liver), OUT OF BOUNDS: TOO HIGH VS.
 0.3333333253860474
 Aspartic acid : 2.9088166, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947

Cystine : 0.47178334, g
Glutamic acid : 4.9090834, g
Glycine : 1.3686, g
Histidine : 0.7155, g
Isoleucine : 1.1635001, g
Leucine : 1.9891167, g
Lysine : 1.5350834, g
Methionine : 0.5434167, g
Phenylalanine : 1.2005833, g
Proline : 1.2614833, g
Hydroxyproline : 0.0, g
Serine : 1.3819667, g
Tryptophan : 0.29473338, g
Threonine : 1.0468166, g
Tyrosine : 0.9296167, g
Valine : 1.6332167, 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 : 1.3946099, 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) : 4.9999997E-4, g
12:0 (Lauric acid) : 0.0033666666, g
13:0 : 0.0, g
14:0 (Myristic acid) : 0.019666666, g
15:0 (Pentadecanoic acid) : 0.0, g
16:0 (Palmitic acid) : 2.31835, g
17:0 (Margaric acid) : 7.3333333E-5, g
18:0 (Stearic acid) : 0.6325601, g
20:0 (Arachidic acid) : 0.0013799999, g
24:0 (Lignoceric acid) : 0.0, g
22:0 (Behenic acid) : 4.3E-4, g
Fatty acids, total monounsaturated : 3.6114872, g
14:1 : 0.0, g
15:1 : 0.0, g
16:1 undifferentiated : 0.02821667, g
16:1 (Palmitoleic acid) c : 0.0, g
17:1 : 4.1666665E-4, g
18:1 undifferentiated : 1.8155801, g
18:1 (Oleic acid) c : 1.7600001, g

20:1 : 0.0070366664, 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 : 17.960962, g
18:2 ---undifferentiated (n-6=Linoleic acid) : 3.4428735, g
18:2 n-6 c,c (Linoleic acid) : 9.6, g
18:2 i : 0.0, g
18:2 CLAs : 0.0, g
18:3 ---undifferentiated (n-3=a-Linolenic acid) : 4.92062, g
18:3 n-3 c,c,c (a-Linolenic acid) : 3.84, g
18:3 n-6 c,c,c (Linolenic acid) : 0.4266667, g
18:3i : 0.0, g
18:4 : 0.21333335, 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 : 239.83665, mg
---Stigmasterol (a phytosterol) : 128.53334, mg
---Campesterol (a phytosterol) : 35.2, mg
Beta-sitosterol : 35.2, mg

Number of nutrients above maximum target limits: 7
Number of nutrients within target limits: 121
Number of nutrients below minimum target limits: 12