

Squash & Peas with Rye

(6 Servings)



Ingredients:

600.0 grams Rye
500.0 grams Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt
600.0 grams Peas, green, cooked, boiled, drained, without salt
300.0 grams Tomatoes, red, ripe, cooked
200.0 grams Spinach, cooked, boiled, drained, without salt
200.0 grams Onions, cooked, boiled, drained, without salt
60.0 grams Nuts, walnuts, english
40.0 grams Oil, olive, salad or cooking
5.0 grams Spices, oregano, dried

Preparation/Cooking Instructions:

Cook 2 cups rye w/ 3 cups water for 30 minutes (first bring to boil, then simmer)
Cut and place oil, squash, peas and onions in a wok: stir fry until slightly more tender
Add remaining ingredients, stirring and cooking for about 5 minutes.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.12256211
Sweetness: 0.02919953
Sourness: 0.0958237
Bitterness: 0.08934383
Umami: 0.045056585
Richness: 0.03731337

Glycemic Load & Inflammation Profile:

Inflammation Load: 454.63287
Glycemic Load: 42.857994
Protein Completeness: 3.0862079

Nutritional Content Per Serving:

Protein : 20.166334, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 15.578332, g
Carbohydrate, by difference : 102.31533, g
Ash : 4.27525, g
Energy : 592.375, kcal
---Energy : 2478.792, kj
Starch : 0.0060000005, g
Sugars, total : 12.645083, g
---Sucrose : 6.8472495, g
---Glucose (dextrose) : 2.4338331, g
---Fructose : 3.0484166, g
---Lactose : 0.0, g
---Maltose : 0.18, g
Alcohol, ethyl : 0.0, g
Fiber, total dietary : 24.074167, g
Water : 275.16977, g
Caffeine : 0.0, mg
Theobromine : 0.0, mg
Galactose : 0.0012500001, g
Calcium, Ca : 147.34166, mg, OUT OF BOUNDS: TOO LOW VS. 333.3333251953125

Iron, Fe : 6.723334, mg
 Magnesium, Mg : 220.05002, mg
 Phosphorus, P : 560.0, mg
 Potassium, K : 1375.3334, mg, OUT OF BOUNDS: TOO LOW VS. 1566.66669921875
 Sodium, Na : 37.875004, mg, OUT OF BOUNDS: TOO LOW VS. 500.0
 Zinc, Zn : 4.8397503, mg
 Copper, Cu : 0.86504173, mg
 Fluoride, F : 12.599999, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
 Manganese, Mn : 4.0443172, mg, OUT OF BOUNDS: TOO HIGH VS. 3.666666793823242
 Selenium, Se : 17.444166, mcg
 Vitamin A, IU : 5497.8413, 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, : 275.1417, RAE, OUT OF BOUNDS: TOO LOW VS.
 694.333349609375
 Carotene, beta : 3287.758, mcg, OUT OF BOUNDS: TOO HIGH VS. 1000.0
 Carotene, alpha : 22.166666, mcg
 Thiamin (B-1) : 0.70340836, mg
 Riboflavin (B-2) : 0.5367333, mg
 Niacin (B-3) : 7.3515, mg
 Pantothenic acid (B-5) : 2.064175, mg
 Vitamin B-6 (Pyridoxal) : 0.80223334, mg
 Folate, total : 196.27502, 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 : 41.499165, 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) : 3.2488332, mg, OUT OF BOUNDS: TOO LOW VS.
 3.333333206176758
 Vitamin K (phylloquinone) : 210.86418, mcg
 Cholesterol : 0.0, mg
 Choline, total : 84.42583, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
 Cryptoxanthin, beta : 0.058333334, mcg
 Lutein + zeaxanthin : 7595.6914, mcg
 Lycopene (prevents UV damage) : 1520.5, mcg
 Tocopherol, beta : 0.027333332, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, gamma : 3.4368334, mg
 Tocopherol, delta : 0.22166668, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
 Folate, food : 196.27502, mcg
 Folate, DFE mcg_DFEFolate, : 196.27502, DFE
 Betaine : 176.335, mg
 Alanine g (helps enlarged : 0.8199333, prostate)
 Arginine g (good for mitigating fatty : 1.2610416, liver), OUT OF BOUNDS: TOO HIGH VS.
 0.3333333253860474
 Aspartic acid : 1.4883084, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947
 Cystine : 0.086216666, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474

Glutamic acid : 3.762225, g
Glycine : 0.7825751, g
Histidine : 0.38329998, g
Isoleucine : 0.5660083, g
Leucine : 1.1498333, g
Lysine : 0.77756673, g
Methionine : 0.29265836, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
Phenylalanine : 0.7965084, g
Proline : 1.1392002, g
Hydroxyproline : 0.0, g
Serine : 0.81768334, g
Tryptophan : 0.19269167, g
Threonine : 0.6316166, g
Tyrosine : 0.4272417, g
Valine : 0.733175, 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 : 1.874225, 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) : 3.3333334E-5, g
12:0 (Lauric acid) : 0.00205, g
13:0 : 0.0, g
14:0 (Myristic acid) : 0.004366667, g
15:0 (Pentadecanoic acid) : 0.0, g
16:0 (Palmitic acid) : 1.5006667, g
17:0 (Margaric acid) : 0.0014666667, g
18:0 (Stearic acid) : 0.31980833, g
20:0 (Arachidic acid) : 0.0339, g
24:0 (Lignoceric acid) : 0.0, g
22:0 (Behenic acid) : 0.008599999, g
Fatty acids, total monounsaturated : 6.0335, g
14:1 : 0.0, g
15:1 : 0.0, g
16:1 undifferentiated : 0.09220001, g
16:1 (Palmitoleic acid) c : 0.0, g
17:1 : 0.008333334, g
18:1 undifferentiated : 5.8912663, g
18:1 (Oleic acid) c : 0.0059333337, g
20:1 : 0.043133333, 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 : 6.5078416, g
18:2 ---undifferentiated (n-6=Linoleic acid) : 5.305667, 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) : 1.2022417, g
18:3 n-3 c,c,c (a-Linolenic acid) : 0.005175, 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 : 0.0, 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 : 34.125, mg, OUT OF BOUNDS: TOO LOW VS. 50.0
---Stigmasterol (a phytosterol) : 0.1, mg
---Campesterol (a phytosterol) : 0.70000005, mg
Beta-sitosterol : 6.4, mg

Number of nutrients above maximum target limits: 5
Number of nutrients within target limits: 115
Number of nutrients below minimum target limits: 20