

# Arugula Burrito

(Serves 1)

## Ingredients:

200.0 grams Arugula, raw  
150.0 grams Wheat flour, whole-grain tortilla  
15.0 grams Oil, canola

## Ingredients Preparation/Cooking Instructions:

Lightly fry and/or boil the arugula (w/ the oil) until limp.  
Place the arugula in the tortilla and roll to a burrito.

## Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.14256413  
Sweetness: 0.012274651  
Sourness: 0.07809958  
Bitterness: 0.13027458  
Umami: 0.08886986  
Richness: 0.05239726

## Glycemic Load & Inflammation Profile:

Inflammation Load: 493.84344  
Glycemic Load: 23.803444  
Complete Protein (g) 5.1664643

## Nutritional Content Per Serving:

Protein : 25.71, g  
---Adjusted Protein : 0.0, g  
Total lipid (fat) : 19.125, g  
Carbohydrate, by difference : 116.155, g, OUT OF BOUNDS: TOO HIGH VS. 103.33333740234374  
Ash : 5.2, g  
Energy : 691.1, kcal  
---Energy : 2891.85, kj  
Starch : 0.0, g  
Sugars, total : 4.715, g

---Sucrose : 0.0, g  
---Glucose (dextrose) : 0.0, g  
---Fructose : 0.0, g  
---Lactose : 0.0, g  
---Maltose : 0.0, g  
Alcohol, ethyl : 0.0, g  
Fiber, total dietary : 21.5, g  
Water : 198.825, g  
Caffeine : 0.0, mg  
Theobromine : 0.0, mg  
Galactose : 0.0, g  
Calcium, Ca : 371.0, mg  
Iron, Fe : 8.74, mg  
Magnesium, Mg : 301.0, mg, OUT OF BOUNDS: TOO HIGH VS. 256.6666748046875  
Phosphorus, P : 623.0, mg  
Potassium, K : 1345.5, mg, OUT OF BOUNDS: TOO LOW VS. 1566.66669921875  
Sodium, Na : 61.5, mg, OUT OF BOUNDS: TOO LOW VS. 500.0  
Zinc, Zn : 5.335, mg  
Copper, Cu : 0.725, mg  
Fluoride, F : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125  
Manganese, Mn : 6.3405004, mg, OUT OF BOUNDS: TOO HIGH VS. 3.666666793823242  
Selenium, Se : 106.649994, mcg  
Vitamin A, IU : 4759.5, 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, : 238.0, RAE, OUT OF BOUNDS: TOO LOW VS.  
694.333349609375  
Carotene, beta : 2855.5, mcg, OUT OF BOUNDS: TOO HIGH VS. 1000.0  
Carotene, alpha : 0.0, mcg  
Thiamin (B-1) : 0.7585, mg  
Riboflavin (B-2) : 0.49449998, mg  
Niacin (B-3) : 10.157499, mg  
Pantothenic acid (B-5) : 2.3860002, mg  
Vitamin B-6 (Pyridoxal) : 0.6575, mg  
Folate, total : 260.0, 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 : 30.0, 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) : 4.709, mg  
Vitamin K (phylloquinone) : 230.74501, mcg  
Cholesterol : 0.0, mg  
Choline, total : 77.43, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374  
Cryptoxanthin, beta : 0.0, mcg  
Lutein + zeaxanthin : 7440.0, mcg  
Lycopene (prevents UV damage) : 0.0, mcg  
Tocopherol, beta : 0.0015, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758

Tocopherol, gamma : 4.1010003, mg  
Tocopherol, delta : 0.14850001, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758  
Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0  
Folate, food : 260.0, mcg  
Folate, DFE mcg\_DFEFolate, : 260.0, DFE  
Betaine : 109.4, mg  
Alanine g (helps enlarged : 0.7305, prostate)  
Arginine g (good for mitigating fatty : 0.96300006, liver), OUT OF BOUNDS: TOO HIGH VS.  
0.3333333253860474  
Aspartic acid : 1.0545, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947  
Cystine : 0.4755, g  
Glutamic acid : 6.4874997, g  
Glycine : 0.82799995, g  
Histidine : 0.4755, g  
Isoleucine : 0.762, g  
Leucine : 1.3889999, g  
Lysine : 0.567, g  
Methionine : 0.318, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474  
Phenylalanine : 0.96900004, g  
Proline : 2.1330001, g  
Hydroxyproline : 0.0, g  
Serine : 0.96900004, g  
Tryptophan : 0.318, g  
Threonine : 0.59250003, g  
Tyrosine : 0.6, g  
Valine : 0.9269999, g  
Fatty acids, total trans : 0.059250005, g  
---Fatty acids, total trans-monoenoic : 0.0045000003, g  
16:1 t (trans-Palmitoleic acid) : 0.0, g  
18:1 t (trans-Oleic acid) : 0.0045000003, g  
22:1 t (trans-Erucic acid) : 0.0, g  
---Fatty acids, total trans-polyenoic : 0.054750003, g, OUT OF BOUNDS: TOO HIGH VS.  
0.03333333432674408  
18:2 t not further defined : 0.0, g  
18:2 t,t : 0.054750003, g  
Fatty acids, total saturated : 1.75975, g  
4:0 (Butyric acid) : 0.0, g  
6:0 (Caproic acid) : 0.0, g  
8:0 (Caprylic acid: melts @ 16.3 deg C) : 0.026999999, g  
10:0 (Capric acid: melts @ 31.3 deg C) : 0.0, g  
12:0 (Lauric acid) : 0.0060, g  
13:0 : 0.0, g  
14:0 (Myristic acid) : 0.0045, g  
15:0 (Pentadecanoic acid) : 0.0, g  
16:0 (Palmitic acid) : 1.1952, g  
17:0 (Margaric acid) : 0.0, g  
18:0 (Stearic acid) : 0.34355, g

20:0 (Arachidic acid) : 0.097500004, g  
24:0 (Lignoceric acid) : 0.0, g  
22:0 (Behenic acid) : 0.049500003, g  
Fatty acids, total monounsaturated : 9.937401, g  
14:1 : 0.0, g  
15:1 : 0.0, g  
16:1 undifferentiated : 0.053600006, g  
16:1 (Palmitoleic acid) c : 0.0, g  
17:1 : 0.0, g  
18:1 undifferentiated : 9.6821, g  
18:1 (Oleic acid) c : 9.2571, g  
20:1 : 0.19755001, 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 : 6.0278, g  
18:2 ---undifferentiated (n-6=Linoleic acid) : 4.21775, g  
18:2 n-6 c,c (Linoleic acid) : 2.796, g  
18:2 i : 0.0, g  
18:2 CLAs : 0.0, g  
18:3 ---undifferentiated (n-3=a-Linolenic acid) : 1.76755, g  
18:3 n-3 c,c,c (a-Linolenic acid) : 1.37055, g  
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 : 0.0070, 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 : 0.0, mg, OUT OF BOUNDS: TOO LOW VS. 50.0  
---Stigmasterol (a phytosterol) : 0.45000002, mg  
---Campesterol (a phytosterol) : 36.15, mg  
Beta-sitosterol : 61.95, mg

Number of nutrients above maximum target limits: 8  
Number of nutrients within target limits: 117  
Number of nutrients below minimum target limits: 15