

Beans + Rice (Serves 4)



Ingredients:

800.0 grams Beans, black, mature seeds, cooked, boiled, without salt
400.0 grams Rice, brown, medium-grain, cooked
150.0 grams almond cheese + about 18g oil,
analysis done w/ 150.0 grams nuts, almonds, dry roasted, without salt added + no oil
200.0 grams Tomatoes, red, ripe, cooked
200.0 grams Onions, cooked, boiled, drained, without salt
100.0 grams Kale, cooked, boiled, drained, without salt
200.0 grams Parsley, raw
20.0 grams Spices, poppy seed

Preparation/Cooking Instructions:

Layer ingredients with 1/2 kale on bottom, then onions, parsley, oil, poppy seeds, then rice, beans, 1/2 kale, tomatoes and finally almond cheese on top.
Bake @ 420 deg. F. for 25 minutes.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.12126759
Sweetness: 0.011737602
Sourness: 0.16754493
Bitterness: 0.15476385
Umami: 0.056896854
Richness: 0.04723527

Glycemic Load & Inflammation Profile (Per Serving):

Inflammation Load: 719.8286
Glycemic Load: 36.35744
Complete Protein (grams) 6.753408

Nutritional Content Per Serving:

Protein : 32.338253, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 24.444252, g
Carbohydrate, by difference : 91.22275, g
Ash : 6.046, g
Energy : 682.125, kcal
---Energy : 2853.175, kj
Starch : 0.26624998, g
Sugars, total : 6.3345003, g
---Sucrose : 2.4364998, g
---Glucose (dextrose) : 1.7185, g
---Fructose : 1.3895, g
---Lactose : 0.0, g
---Maltose : 0.052500002, g
Alcohol, ethyl : 0.0, g
Fiber, total dietary : 27.800001, g
Water : 363.4675, g
Caffeine : 0.0, mg
Theobromine : 0.0, mg

Galactose : 0.0, g
 Calcium, Ca : 339.15, mg
 Iron, Fe : 10.694249, mg
 Magnesium, Mg : 348.1, mg, OUT OF BOUNDS: TOO HIGH VS. 256.6666748046875
 Phosphorus, P : 651.375, mg
 Potassium, K : 1630.7, mg
 Sodium, Na : 45.425, mg, OUT OF BOUNDS: TOO LOW VS. 500.0
 Zinc, Zn : 5.3525, mg
 Copper, Cu : 1.2035999, mg
 Fluoride, F : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
 Manganese, Mn : 3.61585, mg
 Selenium, Se : 4.9500003, mcg, OUT OF BOUNDS: TOO LOW VS. 15.0
 Vitamin A, IU : 7875.125, 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, : 392.75, RAE, OUT OF BOUNDS: TOO LOW VS.
 694.333349609375
 Carotene, beta : 4717.625, mcg, OUT OF BOUNDS: TOO HIGH VS. 1000.0
 Carotene, alpha : 0.0, mcg
 Thiamin (B-1) : 0.75570005, mg
 Riboflavin (B-2) : 0.54612505, mg
 Niacin (B-3) : 4.9585495, mg
 Pantothenic acid (B-5) : 1.3113248, mg, OUT OF BOUNDS: TOO LOW VS.
 1.666666603088379
 Vitamin B-6 (Pyridoxal) : 0.53010005, mg
 Folate, total : 411.725, mcg, OUT OF BOUNDS: TOO HIGH VS. 333.3333251953125
 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 : 90.8, 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) : 10.716, mg
 Vitamin K (phylloquinone) : 1025.9, mcg
 Cholesterol : 0.0, mg
 Choline, total : 33.3275, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
 Cryptoxanthin, beta : 0.0, mcg
 Lutein + zeaxanthin : 7391.375, mcg
 Lycopene (prevents UV damage) : 1520.5, mcg
 Tocopherol, beta : 0.58500004, mg, OUT OF BOUNDS: TOO LOW VS.
 3.333333206176758
 Tocopherol, gamma : 1.13725, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, delta : 0.069, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
 Folate, food : 411.725, mcg
 Folate, DFE mcg_DFEFolate, : 411.725, DFE
 Betaine : 0.120000005, mg
 Alanine g (helps enlarged : 1.4664501, prostate)

Arginine g (good for mitigating fatty : 2.523, liver), OUT OF BOUNDS: TOO HIGH VS. 0.3333333253860474
 Aspartic acid : 3.8443751, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947
 Cystine : 0.37697497, g
 Glutamic acid : 5.8888245, g
 Glycine : 1.562475, g
 Histidine : 0.86667496, g
 Isoleucine : 1.3147001, g
 Leucine : 2.4244251, g
 Lysine : 1.7565999, g
 Methionine : 0.4521, g
 Phenylalanine : 1.690525, g
 Proline : 1.5417, g
 Hydroxyproline : 0.0, g
 Serine : 1.6451, g
 Tryptophan : 0.366075, g
 Threonine : 1.24155, g
 Tyrosine : 0.913725, g
 Valine : 1.5713749, 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 : 2.288475, g
 4:0 (Butyric acid) : 0.0, g
 6:0 (Caproic acid) : 0.00185, g
 8:0 (Caprylic acid: melts @ 16.3 deg C) : 0.0, g
 10:0 (Capric acid: melts @ 31.3 deg C) : 0.0, g
 12:0 (Lauric acid) : 0.0012500001, g
 13:0 : 0.0, g
 14:0 (Myristic acid) : 0.01185, g
 15:0 (Pentadecanoic acid) : 0.0, g
 16:0 (Palmitic acid) : 1.9021751, g
 17:0 (Margaric acid) : 0.0, g
 18:0 (Stearic acid) : 0.36084995, g
 20:0 (Arachidic acid) : 0.0019500001, g
 24:0 (Lignoceric acid) : 0.0, g
 22:0 (Behenic acid) : 0.0, g
 Fatty acids, total monounsaturated : 13.39735, g
 14:1 : 0.0, g
 15:1 : 0.0, g
 16:1 undifferentiated : 0.10395001, g
 16:1 (Palmitoleic acid) c : 0.0, g

17:1 : 0.0, g
 18:1 undifferentiated : 13.38345, g
 18:1 (Oleic acid) c : 0.2932, g
 20:1 : 0.0039000001, 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 : 6.6365747, g
 18:2 ---undifferentiated (n-6=Linoleic acid) : 6.8263745, 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) : 0.2694, g, OUT OF BOUNDS:
 TOO LOW VS. 0.6
 18:3 n-3 c,c,c (a-Linolenic acid) : 0.01365, 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 : 2.5E-4, 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 : 64.7, mg
 ---Stigmasterol (a phytosterol) : 1.5, mg
 ---Campesterol (a phytosterol) : 1.125, mg
 Beta-sitosterol : 41.25, mg

Number of nutrients above maximum target limits: 6
 Number of nutrients within target limits: 116
 Number of nutrients below minimum target limits: 18