

Black And Lima Bean Rye Burgers (Serves 8)



Ingredients:

400.0 grams Lima beans, large, mature seeds, cooked, boiled, without salt
100.0 grams Seeds, sesame seeds, whole, dried
400.0 grams Rye
300.0 grams Seeds, pumpkin and squash seed kernels, dried
400.0 grams Peas, green, frozen, cooked, boiled, drained, without salt
100.0 grams Rye flour, medium
5.0 grams Salt, table
5.0 grams Spices, marjoram, dried

Preparation/Cooking Instructions:

Blend ingredients in a food processor (or equivalent).
Bake @ 425 deg. F for 20 minutes or until browning occurs.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.23531605
Sweetness: 0.021049298
Sourness: 0.024953889
Bitterness: 0.24904451
Umami: 0.12125827
Richness: 0.12146072

Glycemic Load & Inflammation Profile (Per Serving):

Inflammation Load: 317.68576
Glycemic Load: 22.33649
Complete Protein (grams) 5.775963

Nutritional Content Per Serving (limits relative to 100 grams of scrambled eggs):

Protein : 26.657314, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 25.977411, g
Carbohydrate, by difference : 72.345665, g
Ash : 4.96255, g
Energy : 592.4825, kcal
---Energy : 2478.9575, kj
Starch : 0.55125, g
Sugars, total : 4.9936, g
---Sucrose : 3.0388124, g
---Glucose (dextrose) : 0.19633749, g
---Fructose : 0.19663751, g
---Lactose : 0.0, g
---Maltose : 0.052500002, g
Alcohol, ethyl : 0.0, g
Fiber, total dietary : 19.263124, g
Water : 83.93082, g
Caffeine : 0.0, mg
Theobromine : 0.0, mg
Galactose : 0.0, g
Calcium, Ca : 187.31125, mg, OUT OF BOUNDS: TOO LOW VS. 333.3333251953125
Iron, Fe : 9.239813, mg

Magnesium, Mg : 363.515, mg, OUT OF BOUNDS: TOO HIGH VS. 256.6666748046875
 Phosphorus, P : 831.555, mg
 Potassium, K : 983.6788, mg, OUT OF BOUNDS: TOO LOW VS. 1566.66669921875
 Sodium, Na : 285.04376, mg, OUT OF BOUNDS: TOO LOW VS. 500.0
 Zinc, Zn : 6.3306127, mg
 Copper, Cu : 1.4166851, mg
 Fluoride, F : 1.1125001, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
 Manganese, Mn : 4.0344296, mg, OUT OF BOUNDS: TOO HIGH VS. 3.666666793823242
 Selenium, Se : 19.383625, mcg
 Vitamin A, IU : 1113.05, IU
 Retinol : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 300.0
 Vitamin A, RAE mcg_RAE Vitamin A, : 55.89375, RAE, OUT OF BOUNDS: TOO LOW VS.
 694.333349609375
 Carotene, beta : 662.5375, mcg
 Carotene, alpha : 10.375, mcg
 Thiamin (B-1) : 0.619475, mg
 Riboflavin (B-2) : 0.30765125, mg, OUT OF BOUNDS: TOO LOW VS. 0.36666667461395264
 Niacin (B-3) : 5.76262, mg
 Pantothenic acid (B-5) : 1.3599287, mg, OUT OF BOUNDS: TOO LOW VS. 1.666666603088379
 Vitamin B-6 (Pyridoxal) : 0.47937998, mg
 Folate, total : 129.89624, 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 : 5.98525, mg, OUT OF BOUNDS: TOO LOW VS. 25.0
 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) : 1.5689, mg, OUT OF BOUNDS: TOO LOW VS.
 3.333333206176758
 Vitamin K (phylloquinone) : 23.311125, mcg, OUT OF BOUNDS: TOO LOW VS. 40.0
 Cholesterol : 0.0, mg
 Choline, total : 74.95687, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
 Cryptoxanthin, beta : 0.8125, mcg
 Lutein + zeaxanthin : 1370.8438, mcg
 Lycopene (prevents UV damage) : 0.0, mcg
 Tocopherol, beta : 0.0112499995, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, gamma : 14.397499, mg
 Tocopherol, delta : 0.18499999, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
 Folate, food : 129.89624, mcg, OUT OF BOUNDS: TOO LOW VS. 133.33333740234374
 Folate, DFE mcg_DFE Folate, : 129.89624, DFE, OUT OF BOUNDS: TOO LOW VS.
 133.33333740234374
 Betaine : 73.10763, mg
 Alanine g (helps enlarged : 1.2401062, prostate)
 Arginine g (good for mitigating fatty : 3.068581, liver), OUT OF BOUNDS: TOO HIGH VS.
 0.3333333253860474
 Aspartic acid : 2.4043627, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947
 Cystine : 0.22756624, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474

Glutamic acid : 5.1868224, g
Glycine : 1.3569063, g
Histidine : 0.6419537, g
Isoleucine : 1.0098925, g
Leucine : 1.92566, g
Lysine : 1.117585, g
Methionine : 0.48151374, g
Phenylalanine : 1.3660313, g
Proline : 1.3643175, g
Hydroxyproline : 0.0, g
Serine : 1.3838812, g
Tryptophan : 0.39752623, g
Threonine : 0.9188425, g
Tyrosine : 0.8181813, g
Valine : 1.2647088, g
Fatty acids, total trans : 0.024, g
---Fatty acids, total trans-monoenoic : 0.00975, g
16:1 t (trans-Palmitoleic acid) : 0.0, g
18:1 t (trans-Oleic acid) : 0.009375, g
22:1 t (trans-Erucic acid) : 3.75E-4, g
---Fatty acids, total trans-polyenoic : 0.014625, g
18:2 t not further defined : 0.014625, g
18:2 t,t : 0.0, g
Fatty acids, total saturated : 4.310368, g
4:0 (Butyric acid) : 0.0, g
6:0 (Caproic acid) : 3.75E-4, g
8:0 (Caprylic acid: melts @ 16.3 deg C) : 0.0, g
10:0 (Capric acid: melts @ 31.3 deg C) : 0.001125, g
12:0 (Lauric acid) : 0.00225, g
13:0 : 0.0, g
14:0 (Myristic acid) : 0.03939375, g
15:0 (Pentadecanoic acid) : 0.0030, g
16:0 (Palmitic acid) : 2.7373388, g
17:0 (Margaric acid) : 0.013875, g
18:0 (Stearic acid) : 1.3538501, g
20:0 (Arachidic acid) : 0.0795, g
24:0 (Lignoceric acid) : 0.0165, g
22:0 (Behenic acid) : 0.02141, g
Fatty acids, total monounsaturated : 8.581269, g
14:1 : 0.0, g
15:1 : 0.0, g
16:1 undifferentiated : 0.041875, g
16:1 (Palmitoleic acid) c : 0.018, g
17:1 : 0.0, g
18:1 undifferentiated : 8.515758, g
18:1 (Oleic acid) c : 6.0406322, g
20:1 : 0.03525, g

22:1 undifferentiated : 0.001375, g
 24:1 c (Nervonic acid) : 0.00188625, g
 22:1 c (Erucic acid) : 0.0, g
 Fatty acids, total polyunsaturated : 11.150254, g
 18:2 ---undifferentiated (n-6=Linoleic acid) : 10.961396, g
 18:2 n-6 c,c (Linoleic acid) : 7.750125, g
 18:2 i : 0.0, g
 18:2 CLAs : 0.0015, g
 18:3 ---undifferentiated (n-3=a-Linolenic acid) : 0.21645251, g, OUT OF BOUNDS: TOO LOW VS.
 0.6
 18:3 n-3 c,c,c (a-Linolenic acid) : 0.045015, 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 : 0.0015275, g
 20:3 undifferentiated : 0.0, g
 20:3 n-3 : 0.0, g
 20:3 n-6 : 0.0, g
 20:4 undifferentiated : 0.049125, 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 : 0.00225, g
 22:5 n-3 : 0.0, g
 22:6 n-3 (DHA: Docosahexanoic acid) : 0.0, g
 Phytosterols : 89.635, mg
 ---Stigmasterol (a phytosterol) : 0.0, mg
 ---Campesterol (a phytosterol) : 0.0, mg
 Beta-sitosterol : 0.0, mg

Number of nutrients above maximum target limits: 4
 Number of nutrients within target limits: 112
 Number of nutrients below minimum target limits: 24