

Carrot Cashew Ginger Soup (Serves 4)



Ingredients:

2500.0 grams Carrots, cooked, boiled, drained, without salt
120.0 grams Ginger root, raw
20.0 grams Garlic, raw
20.0 grams Spices, cumin seed
20.0 grams Spices, coriander seed
10.0 grams Spices, turmeric, ground
10.0 grams Spices, paprika
6.0 grams Salt, table
200.0 grams Nuts, cashew nuts, dry roasted, without salt added
10.0 grams Spices, cinnamon, ground

Preparation/Cooking Instructions:

Bake carrots & ginger until tender
Blend garlic, ginger, cashews & carrots (in batches) with just enough water to make smooth.
Mix all ingredients in pot, adding water as needed to make a thick soup.
Bring to near boil, simmer for 1/2 hour.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.2395141
Sweetness: 0.03313645
Sourness: 0.03654284
Bitterness: 0.046722524
Umami: 0.02600377
Richness: 0.035483368

Glycemic Load & Inflammation Profile (Per Serving):

Inflammation Load: 3899.465
Glycemic Load: 50.25308
Complete Protein (grams) 5.556516

Nutritional Content Per Serving:

Protein : 14.405625, g, OUT OF BOUNDS: TOO LOW VS. 18.666667175292968
---Adjusted Protein : 0.0, g
Total lipid (fat) : 25.867374, g
Carbohydrate, by difference : 80.70787, g
Ash : 8.5595, g
Energy : 568.2375, kcal
---Energy : 2380.6, kj
Starch : 1.0625, g
Sugars, total : 24.907373, g, OUT OF BOUNDS: TOO HIGH VS. 16.666667175292968
---Sucrose : 16.915375, g, OUT OF BOUNDS: TOO HIGH VS. 16.666667175292968
---Glucose (dextrose) : 2.563625, g
---Fructose : 2.36725, g
---Lactose : 0.0, g
---Maltose : 0.0, g
Alcohol, ethyl : 0.0, g
Fiber, total dietary : 24.323751, g
Water : 591.96027, g
Caffeine : 0.0, mg

Theobromine : 0.0, mg
Galactose : 0.002375, g
Calcium, Ca : 294.76, mg, OUT OF BOUNDS: TOO LOW VS. 333.3333251953125
Iron, Fe : 8.482575, mg
Magnesium, Mg : 230.29001, mg
Phosphorus, P : 482.31253, mg
Potassium, K : 2043.9326, mg
Sodium, Na : 962.845, mg, OUT OF BOUNDS: TOO HIGH VS. 766.666650390625
Zinc, Zn : 4.599875, mg
Copper, Cu : 1.3691, mg
Fluoride, F : 296.905, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
Manganese, Mn : 2.2114751, mg
Selenium, Se : 12.115251, mcg, OUT OF BOUNDS: TOO LOW VS. 15.0
Vitamin A, IU : 107155.016, 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, : 5359.9375, RAE, OUT OF BOUNDS: TOO HIGH VS.
3333.333203125
Carotene, beta : 52443.09, mcg, OUT OF BOUNDS: TOO HIGH VS. 1000.0
Carotene, alpha : 23600.025, mcg, OUT OF BOUNDS: TOO HIGH VS. 2000.0
Thiamin (B-1) : 0.5621875, mg
Riboflavin (B-2) : 0.43184996, mg
Niacin (B-3) : 5.4480243, mg
Pantothenic acid (B-5) : 2.1804001, mg
Vitamin B-6 (Pyridoxal) : 1.2815751, mg
Folate, total : 127.662506, 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 : 27.584997, 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. 3.33333206176758
---Vitamin E (alpha-tocopherol) : 7.532376, mg
Vitamin K (phylloquinone) : 105.176254, mcg
Cholesterol : 0.0, mg
Choline, total : 97.451256, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
Cryptoxanthin, beta : 102.2625, mcg
Lutein + zeaxanthin : 4487.262, mcg
Lycopene (prevents UV damage) : 0.375, mcg
Tocopherol, beta : 0.13087499, mg, OUT OF BOUNDS: TOO LOW VS. 3.33333206176758
Tocopherol, gamma : 0.37, mg, OUT OF BOUNDS: TOO LOW VS. 3.33333206176758
Tocopherol, delta : 0.0073749996, mg, OUT OF BOUNDS: TOO LOW VS. 3.33333206176758
Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
Folate, food : 127.662506, mcg, OUT OF BOUNDS: TOO LOW VS. 133.33333740234374
Folate, DFE mcg_DFEFolate, : 127.662506, DFE, OUT OF BOUNDS: TOO LOW VS.
133.33333740234374
Betaine : 0.9325, mg
Alanine g (helps enlarged : 0.9523, prostate)
Arginine g (good for mitigating fatty : 1.3880001, liver), OUT OF BOUNDS: TOO HIGH VS.

0.3333333253860474

Aspartic acid : 1.8252999, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947

Cystine : 0.5736, g

Glutamic acid : 3.79135, g

Glycine : 0.666775, g

Histidine : 0.423325, g

Isoleucine : 0.78905004, g

Leucine : 1.211425, g

Lysine : 0.96407497, g

Methionine : 0.25289997, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474

Phenylalanine : 0.7343, g

Proline : 0.647775, g

Hydroxyproline : 0.0, g

Serine : 0.727375, g

Tryptophan : 0.189125, g

Threonine : 1.2993001, g

Tyrosine : 0.4777, g

Valine : 0.91205, 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 : 4.96835, g

4:0 (Butyric acid) : 0.0, g

6:0 (Caproic acid) : 0.0, g

8:0 (Caprylic acid: melts @ 16.3 deg C) : 0.06935, g

10:0 (Capric acid: melts @ 31.3 deg C) : 0.07036249, g

12:0 (Lauric acid) : 0.41402498, g

13:0 : 0.0, g

14:0 (Myristic acid) : 0.18968749, g

15:0 (Pentadecanoic acid) : 0.0, g

16:0 (Palmitic acid) : 2.4815373, g

17:0 (Margaric acid) : 0.0034000003, g

18:0 (Stearic acid) : 1.5177749, g

20:0 (Arachidic acid) : 0.0, g

24:0 (Lignoceric acid) : 0.0, g

22:0 (Behenic acid) : 0.0, g

Fatty acids, total monounsaturated : 14.475525, g

14:1 : 0.0, g

15:1 : 0.0, g

16:1 undifferentiated : 0.180875, g

16:1 (Palmitoleic acid) c : 0.0, g

17:1 : 0.0, g

18:1 undifferentiated : 14.189726, g
18:1 (Oleic acid) c : 0.0061500003, g
20:1 : 0.0769, 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 : 4.791575, g
18:2 ---undifferentiated (n-6=Linoleic acid) : 4.65755, 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) : 0.1199, g, OUT OF BOUNDS: TOO LOW VS. 0.6
18:3 n-3 c,c,c (a-Linolenic acid) : 2.75E-4, 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 : 90.2125, 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: 9
Number of nutrients within target limits: 111
Number of nutrients below minimum target limits: 20