

Fava Bean Amaranth

(Serves 4)



Ingredients:

1000.0 grams Broadbeans (fava beans), mature seeds, cooked, boiled, without salt
70.0 grams Oil, olive, salad or cooking
280.0 grams Amaranth, uncooked
5.0 grams Salt, table
16.0 grams Spices, parsley, dried
15.0 grams Spices, pepper, red or cayenne
40.0 grams Vinegar, red wine
5.0 grams Spices, turmeric, ground

Preparation/Cooking Instructions:

Boil fava beans with enough water to cover for 5 minutes. Replace water and reboil for 30 minutes.
Boil amaranth with equal parts water, covered, stir occasionally, for 15 minutes.
Mix all ingredients and chill.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.24348772
Sweetness: 0.027372647
Sourness: 0.031214487
Bitterness: 0.15909967
Umami: 0.069270715
Richness: 0.068216145

Glycemic Load & Inflammation Profile:

Inflammation Load: -164.00119 (mildly inflammatory, 30g protein)
Glycemic Load: 47.54998
Complete Protein (g) 5.9069467

Nutritional Content Per Serving:

Protein : 30.109451, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 24.404325, g
Carbohydrate, by difference : 99.78785, g
Ash : 6.0616508, g
Energy : 719.33, kcal
---Energy : 3010.25, kj
Starch : 40.089, g
Sugars, total : 6.4516754, g
---Sucrose : 1.17335, g
---Glucose (dextrose) : 0.30415002, g
---Fructose : 0.029424999, g
---Lactose : 0.0, g
---Maltose : 0.0069999998, g
Alcohol, ethyl : 0.0, g
Fiber, total dietary : 20.54175, g
Water : 196.88199, g
Caffeine : 0.0, mg
Theobromine : 0.0, mg
Galactose : 0.0, g
Calcium, Ca : 255.81252, mg, OUT OF BOUNDS: TOO LOW VS. 333.3333251953125

Iron, Fe : 10.915976, mg
Magnesium, Mg : 305.625, mg, OUT OF BOUNDS: TOO HIGH VS. 256.6666748046875
Phosphorus, P : 734.9775, mg
Potassium, K : 1244.1825, mg, OUT OF BOUNDS: TOO LOW VS. 1566.66669921875
Sodium, Na : 520.605, mg
Zinc, Zn : 4.9032245, mg
Copper, Cu : 1.0691001, mg
Fluoride, F : 0.025, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
Manganese, Mn : 3.9567626, mg, OUT OF BOUNDS: TOO HIGH VS. 3.666666793823242
Selenium, Se : 20.541498, mcg
Vitamin A, IU : 1676.8351, IU
Retinol : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 300.0
Vitamin A, RAE mcg_RAEVitamin A, : 84.4175, RAE, OUT OF BOUNDS: TOO LOW VS.
694.333349609375
Carotene, beta : 888.28, mcg
Carotene, alpha : 0.68, mcg
Thiamin (B-1) : 0.34574002, mg
Riboflavin (B-2) : 0.495195, mg
Niacin (B-3) : 3.2118576, mg, OUT OF BOUNDS: TOO LOW VS. 4.0
Pantothenic acid (B-5) : 1.45488, mg, OUT OF BOUNDS: TOO LOW VS. 1.666666603088379
Vitamin B-6 (Pyridoxal) : 0.744075, mg
Folate, total : 329.0625, 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 : 11.92875, 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) : 4.910025, mg
Vitamin K (phylloquinone) : 75.34375, mcg
Cholesterol : 0.0, mg
Choline, total : 131.84274, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
Cryptoxanthin, beta : 234.61002, mcg
Lutein + zeaxanthin : 610.1075, mcg
Lycopene (prevents UV damage) : 0.0, mcg
Tocopherol, beta : 0.69355, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
Tocopherol, gamma : 0.34532496, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
Tocopherol, delta : 0.48299998, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
Folate, food : 329.0625, mcg
Folate, DFE mcg_DFEFolate, : 329.0625, DFE
Betaine : 47.526752, mg
Alanine g (helps enlarged : 1.40792, prostate)
Arginine g (good for mitigating fatty : 2.56724, liver), OUT OF BOUNDS: TOO HIGH VS.
0.3333333253860474
Aspartic acid : 3.13196, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947
Cystine : 0.38812003, g
Glutamic acid : 4.95632, g

Glycine : 2.01294, g
Histidine : 0.78352004, g
Isoleucine : 1.23424, g
Leucine : 2.15706, g
Lysine : 1.82182, g
Methionine : 0.33704, g
Phenylalanine : 1.25038, g
Proline : 1.369, g
Hydroxyproline : 0.0, g
Serine : 1.71996, g
Tryptophan : 0.32569999, g
Threonine : 1.11332, g
Tyrosine : 0.87916, g
Valine : 1.4011401, 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 : 3.79491, g
4:0 (Butyric acid) : 0.0, g
6:0 (Caproic acid) : 0.0, g
8:0 (Caprylic acid: melts @ 16.3 deg C) : 0.0012500001, g
10:0 (Capric acid: melts @ 31.3 deg C) : 0.0048625, g
12:0 (Lauric acid) : 0.010475, g
13:0 : 0.0, g
14:0 (Myristic acid) : 0.016687501, g
15:0 (Pentadecanoic acid) : 0.0, g
16:0 (Palmitic acid) : 3.0591726, g
17:0 (Margaric acid) : 0.00385, g
18:0 (Stearic acid) : 0.53915, g
20:0 (Arachidic acid) : 0.10885, g
24:0 (Lignoceric acid) : 0.0, g
22:0 (Behenic acid) : 0.035174996, g
Fatty acids, total monounsaturated : 14.086469, g
14:1 : 0.0, g
15:1 : 0.0, g
16:1 undifferentiated : 0.231125, g
16:1 (Palmitoleic acid) c : 0.0, g
17:1 : 0.021875, g
18:1 undifferentiated : 13.966569, g
18:1 (Oleic acid) c : 0.014919999, g
20:1 : 0.064224996, 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 : 4.29189, g
18:2 ---undifferentiated (n-6=Linoleic acid) : 4.3495693, 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) : 0.25715, g, OUT OF BOUNDS: TOO LOW VS. 0.6
18:3 n-3 c,c,c (a-Linolenic acid) : 0.0632, 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) : 0.09512, g
Phytosterols : 59.6125, 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: 116
Number of nutrients below minimum target limits: 20