

Fava Bean Arugula Tortilla

(Serves 4)



Ingredients:

400.0 grams Broadbeans (fava beans), mature seeds, cooked, boiled, without salt
100.0 grams Arugula, raw
100.0 grams Coriander (cilantro) leaves, raw
150.0 grams Peppers, sweet, green, cooked, boiled, drained, without salt
250.0 grams Onions, frozen, chopped, cooked, boiled, drained, without salt
35.0 grams Oil, canola
35.0 grams Oil, olive, salad or cooking
10.0 grams Spices, chili powder
400.0 grams Tomatoes, red, ripe, cooked
15.0 grams Spices, garlic powder
270.0 grams Wheat flour tortillas, whole-grain
5.0 grams Salt, table

Preparation/Cooking Instructions:

Boil fava beans with enough water to cover for 5 minutes. Replace water and reboil for 20 minutes.
Chop Arugula, cilantro, peppers (removing stems and seeds), onions and tomatoes.
Use a little of the oil on the bottom of a baking dish.
Mix the chili powder with a little oil and spread on the tortillas.
Place half of the tortillas on the bottom of the baking dish.
Layer the ingredients except for the remaining tortillas, with the tomatoes on top.
Sprinkle on the spices.
Place the remaining tortillas with a little tomato on top.
Bake in the oven at 430 degrees for 1/2 hour.
Optional: For softer, moister top tortillas, flip or otherwise moisten if they start to get crisp.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.23618901
Sweetness: 0.018580683
Sourness: 0.14000289
Bitterness: 0.08537921
Umami: 0.054951128
Richness: 0.04553927

Glycemic Load & Inflammation Profile:

Inflammation Load: 430.80966
Glycemic Load: 20.96087
Complete Protein (g) 4.6927457

Nutritional Content Per Serving:

Protein : 20.728374, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 20.151127, g
Carbohydrate, by difference : 85.199875, g
Ash : 5.1047497, g
Energy : 571.78754, kcal
---Energy : 2389.9248, kj
Starch : 0.0, g
Sugars, total : 8.5963745, g
---Sucrose : 0.152125, g
---Glucose (dextrose) : 1.817375, g
---Fructose : 1.991375, g
---Lactose : 0.0, g
---Maltose : 0.0, g

Alcohol, ethyl : 0.0, g
 Fiber, total dietary : 18.2025, g
 Water : 311.33264, g
 Caffeine : 0.0, mg
 Theobromine : 0.0, mg
 Galactose : 0.0, g
 Calcium, Ca : 150.375, mg, OUT OF BOUNDS: TOO LOW VS. 333.3333251953125
 Iron, Fe : 6.58775, mg
 Magnesium, Mg : 178.05, mg
 Phosphorus, P : 453.275, mg
 Potassium, K : 1204.4501, mg, OUT OF BOUNDS: TOO LOW VS. 1566.66669921875
 Sodium, Na : 558.025, mg
 Zinc, Zn : 3.6398752, mg
 Copper, Cu : 0.7344374, mg
 Fluoride, F : 0.025, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
 Manganese, Mn : 3.4566627, mg
 Selenium, Se : 52.5325, mcg
 Vitamin A, IU : 3708.325, 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, : 184.7, RAE, OUT OF BOUNDS: TOO LOW VS.
 694.333349609375
 Carotene, beta : 2118.5, mcg, OUT OF BOUNDS: TOO HIGH VS. 1000.0
 Carotene, alpha : 71.0, mcg
 Thiamin (B-1) : 0.5240125, mg
 Riboflavin (B-2) : 0.3701375, mg
 Niacin (B-3) : 6.3870497, mg
 Pantothenic acid (B-5) : 1.3375125, mg, OUT OF BOUNDS: TOO LOW VS. 1.666666603088379
 Vitamin B-6 (Pyridoxal) : 0.72095, mg
 Folate, total : 204.8375, 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 : 64.7725, 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) : 5.5945, mg
 Vitamin K (phylloquinone) : 129.65875, mcg
 Cholesterol : 0.0, mg
 Choline, total : 75.3475, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
 Cryptoxanthin, beta : 140.75, mcg
 Lutein + zeaxanthin : 1518.75, mcg
 Lycopene (prevents UV damage) : 3041.525, mcg
 Tocopherol, beta : 0.031, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, gamma : 2.7566252, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, delta : 0.103875004, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
 Folate, food : 204.8375, mcg
 Folate, DFE mcg_DFEFolate, : 204.8375, DFE

Betaine : 49.470005, mg
 Alanine g (helps enlarged : 0.7152875, prostate)
 Arginine g (good for mitigating fatty : 1.3677876, liver), OUT OF BOUNDS: TOO HIGH VS. 0.3333333253860474
 Aspartic acid : 1.61815, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947
 Cystine : 0.34996253, g
 Glutamic acid : 4.863175, g
 Glycine : 0.77003753, g
 Histidine : 0.4474625, g
 Isoleucine : 0.71854997, g
 Leucine : 1.298225, g
 Lysine : 0.846825, g
 Methionine : 0.22613749, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
 Phenylalanine : 0.8281125, g
 Proline : 1.380625, g
 Hydroxyproline : 0.0, g
 Serine : 0.85861254, g
 Tryptophan : 0.2390125, g
 Threonine : 0.60165, g
 Tyrosine : 0.5646875, g
 Valine : 0.8330375, g
 Fatty acids, total trans : 0.034562502, g
 ---Fatty acids, total trans-monoenoic : 0.002625, g
 16:1 t (trans-Palmitoleic acid) : 0.0, g
 18:1 t (trans-Oleic acid) : 0.002625, g
 22:1 t (trans-Erucic acid) : 0.0, g
 ---Fatty acids, total trans-polyenoic : 0.0319375, g
 18:2 t not further defined : 0.0, g
 18:2 t,t : 0.0319375, g
 Fatty acids, total saturated : 2.280025, g
 4:0 (Butyric acid) : 0.0, g
 6:0 (Caproic acid) : 0.0, g
 8:0 (Caprylic acid: melts @ 16.3 deg C) : 0.01215, g
 10:0 (Capric acid: melts @ 31.3 deg C) : 7.0000003E-4, g
 12:0 (Lauric acid) : 0.002425, g
 13:0 : 0.0, g
 14:0 (Myristic acid) : 0.0056625, g
 15:0 (Pentadecanoic acid) : 0.0, g
 16:0 (Palmitic acid) : 1.7069376, g
 17:0 (Margaric acid) : 0.001925, g
 18:0 (Stearic acid) : 0.39558753, g
 20:0 (Arachidic acid) : 0.0931, g
 24:0 (Lignoceric acid) : 0.0, g
 22:0 (Behenic acid) : 0.0412125, g
 Fatty acids, total monounsaturated : 12.280999, g
 14:1 : 0.0, g
 15:1 : 0.0, g

16:1 undifferentiated : 0.1460625, g
 16:1 (Palmitoleic acid) c : 0.0, g
 17:1 : 0.0109375, g
 18:1 undifferentiated : 12.060061, g
 18:1 (Oleic acid) c : 5.4039497, g
 20:1 : 0.14292501, g
 22:1 undifferentiated : 0.0, g
 24:1 c (Nervonic acid) : 3.375E-4, g
 22:1 c (Erucic acid) : 0.0, g
 Fatty acids, total polyunsaturated : 4.2993875, g
 18:2 ---undifferentiated (n-6=Linoleic acid) : 3.4838, g
 18:2 n-6 c,c (Linoleic acid) : 1.6309999, 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) : 0.97195, g
 18:3 n-3 c,c,c (a-Linolenic acid) : 0.7999375, 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 : 8.2500005E-4, g
 20:3 undifferentiated : 0.0, g
 20:3 n-3 : 0.0, g
 20:3 n-6 : 0.0, g
 20:4 undifferentiated : 0.0018500001, 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 : 35.337498, mg, OUT OF BOUNDS: TOO LOW VS. 50.0
 ---Stigmasterol (a phytosterol) : 1.0125, mg
 ---Campesterol (a phytosterol) : 21.0875, mg
 Beta-sitosterol : 36.6375, mg

Number of nutrients above maximum target limits: 4
 Number of nutrients within target limits: 118
 Number of nutrients below minimum target limits: 18