

Flageolet Bean Chile With Cashew Sour Cream

(4 Servings)



Ingredients:

800.0 grams Beans, kidney, red, mature seeds, cooked, boiled, without salt
180.0 grams Nuts, cashew nuts, raw
100.0 grams Coriander (cilantro) leaves, raw
180.0 grams Peppers, sweet, green, sauteed
200.0 grams Onions, cooked, boiled, drained, without salt
5.0 grams Salt, table
5.0 grams Spices, curry powder
200.0 grams Tomatoes, red, ripe, cooked

Preparation/Cooking Instructions:

Cook 1.5 cups of beans in 3 cups of water in a large pot: bring to boil, then simmer for 10 minutes.
Replace water, bring to 2nd boil and simmer for 30-45 minutes, until tender.
Mix in the remaining ingredients except cashews and cilantro.
Blend cashews with enough water to just cover to create a sour cream.
Place ¼ of each of the chile, cilantro and sour cream in a bowl and serve.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.23453157
Sweetness: 0.02070875
Sourness: 0.23235
Bitterness: 0.14037567
Umami: 0.06059161
Richness: 0.06351526

Glycemic Load & Inflammation Profile:

Inflammation Load: 365.4715
Glycemic Load: 31.030773
Complete Protein (g) 6.7189913

Nutritional Content Per Serving:

Protein : 27.73575, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 26.517622, g
Carbohydrate, by difference : 69.80887, g
Ash : 5.752625, g
Energy : 600.8125, kcal
---Energy : 2513.0498, kj
Starch : 10.570499, g
Sugars, total : 8.138, g
---Sucrose : 3.1722498, g
---Glucose (dextrose) : 2.21225, g
---Fructose : 1.893375, g
---Lactose : 0.0, g
---Maltose : 0.0, g
Alcohol, ethyl : 0.0, g
Fiber, total dietary : 19.260002, g
Water : 287.68652, g
Caffeine : 0.0, mg

Theobromine : 0.0, mg
 Galactose : 0.002625, g
 Calcium, Ca : 115.775, mg, OUT OF BOUNDS: TOO LOW VS. 333.3333251953125
 Iron, Fe : 10.2975, mg
 Magnesium, Mg : 244.6875, mg
 Phosphorus, P : 605.46246, mg
 Potassium, K : 1504.9375, mg, OUT OF BOUNDS: TOO LOW VS. 1566.66669921875
 Sodium, Na : 520.67505, mg
 Zinc, Zn : 5.119875, mg
 Copper, Cu : 1.6172124, mg
 Fluoride, F : 0.025, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
 Manganese, Mn : 2.0170126, mg
 Selenium, Se : 12.615001, mcg, OUT OF BOUNDS: TOO LOW VS. 15.0
 Vitamin A, IU : 2067.6748, IU
 Retinol : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 300.0
 Vitamin A, RAE mcg_RAEVitamin A, : 103.162506, RAE, OUT OF BOUNDS: TOO LOW VS.
 694.333349609375
 Carotene, beta : 1197.65, mcg, OUT OF BOUNDS: TOO HIGH VS. 1000.0
 Carotene, alpha : 27.9, mcg
 Thiamin (B-1) : 0.5881625, mg
 Riboflavin (B-2) : 0.23021248, mg, OUT OF BOUNDS: TOO LOW VS. 0.36666667461395264
 Niacin (B-3) : 2.5661376, mg, OUT OF BOUNDS: TOO LOW VS. 4.0
 Pantothenic acid (B-5) : 1.1422498, mg, OUT OF BOUNDS: TOO LOW VS. 1.666666603088379
 Vitamin B-6 (Pyridoxal) : 0.67147493, mg
 Folate, total : 303.57498, 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 : 103.1675, 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) : 2.284875, mg, OUT OF BOUNDS: TOO LOW VS.
 3.333333206176758
 Vitamin K (phylloquinone) : 122.127495, mcg
 Cholesterol : 0.0, mg
 Choline, total : 74.0125, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
 Cryptoxanthin, beta : 58.15, mcg
 Lutein + zeaxanthin : 275.15, mcg
 Lycopene (prevents UV damage) : 1520.5, mcg
 Tocopherol, beta : 0.05, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, gamma : 5.903875, mg
 Tocopherol, delta : 1.206375, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
 Folate, food : 303.57498, mcg
 Folate, DFE mcg_DFEFolate, : 302.675, DFE
 Betaine : 0.40499997, mg
 Alanine g (helps enlarged : 1.1535001, prostate)
 Arginine g (good for mitigating fatty : 2.1446497, liver), OUT OF BOUNDS: TOO HIGH VS.

0.3333333253860474

Aspartic acid : 3.1018, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947

Cystine : 0.38879997, g

Glutamic acid : 5.0593996, g

Glycine : 1.1532999, g

Histidine : 0.71225, g

Isoleucine : 1.1679499, g

Leucine : 2.1067498, g

Lysine : 1.6758, g

Methionine : 0.43604994, g

Phenylalanine : 1.43525, g

Proline : 1.1423, g

Hydroxyproline : 0.0, g

Serine : 1.4856, g

Tryptophan : 0.3541, g

Threonine : 1.08445, g

Tyrosine : 0.74755, g

Valine : 1.44415, 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 : 4.4163127, g

4:0 (Butyric acid) : 0.0, g

6:0 (Caproic acid) : 0.0, g

8:0 (Caprylic acid: melts @ 16.3 deg C) : 0.0073375, g

10:0 (Capric acid: melts @ 31.3 deg C) : 0.0085625, g

12:0 (Lauric acid) : 0.010075, g

13:0 : 0.0, g

14:0 (Myristic acid) : 0.0089, g

15:0 (Pentadecanoic acid) : 0.0, g

16:0 (Palmitic acid) : 2.423725, g

17:0 (Margaric acid) : 0.0207, g

18:0 (Stearic acid) : 1.6626625, g

20:0 (Arachidic acid) : 0.13545, g

24:0 (Lignoceric acid) : 0.045450002, g

22:0 (Behenic acid) : 0.09359999, g

Fatty acids, total monounsaturated : 11.919939, g

14:1 : 0.0, g

15:1 : 0.0, g

16:1 undifferentiated : 0.063775, g

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

17:1 : 0.0, g

18:1 undifferentiated : 11.8524885, g
 18:1 (Oleic acid) c : 0.0, g
 20:1 : 0.075399995, g
 22:1 undifferentiated : 0.0064625004, g
 24:1 c (Nervonic acid) : 0.0, g
 22:1 c (Erucic acid) : 0.0, g
 Fatty acids, total polyunsaturated : 6.285712, g
 18:2 ---undifferentiated (n-6=Linoleic acid) : 6.1169, 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) : 0.71876246, g
 18:3 n-3 c,c,c (a-Linolenic acid) : 0.0, 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 : 15.65, mg, OUT OF BOUNDS: TOO LOW VS. 50.0
 ---Stigmasterol (a phytosterol) : 0.75, mg
 ---Campesterol (a phytosterol) : 0.0, mg
 Beta-sitosterol : 0.5, mg

Number of nutrients above maximum target limits: 3

Number of nutrients within target limits: 116

Number of nutrients below minimum target limits: 21