

Kale Kamut Hemp Poppy Stew

(4 Servings)



Ingredients:

630.0 grams Kale, cooked, boiled, drained, without salt
100.0 grams Spices, poppy seed
20.0 grams Garlic, raw
600.0 grams Kamut, cooked
150.0 grams Hemp seed
5.0 grams Salt, table

Preparation/Cooking Instructions:

Cook 1.5 cups of Kamut in 3 cups of water in a large pot: bring to boil, then simmer for 10 minutes. Add the remaining ingredients and 2 cups of water, cooking on medium heat until kale is somewhat floppy.

Add enough water to make like a stew & simmer for about 30 minutes, stirring occasionally.

Flavor Profile (Relative Perceptual Scale):

Saltiness:	0.2427433
Sweetness:	0.0101458905
Sourness:	0.16606553
Bitterness:	0.14560474
Umaminess:	0.08443123
Richness:	0.06846511

Glycemic Load & Inflammation Profile:

Inflammation Load:	1112.8138
Glycemic Load:	14.308966
Complete Protein (g)	7.167861

Nutritional Content Per Serving:

Protein : 26.782997, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 25.759998, g
Carbohydrate, by difference : 73.59275, g
Ash : 7.51025, g
Energy : 638.05, kcal
---Energy : 2505.925, kj
Starch : 1.875, g
Sugars, total : 3.89125, g
---Sucrose : 1.0475, g
---Glucose (dextrose) : 0.20500001, g
---Fructose : 0.24124998, g
---Lactose : 0.0, g
---Maltose : 0.0, g
Alcohol, ethyl : 0.0, g
Fiber, total dietary : 14.73, g
Water : 242.289, g
Caffeine : 0.0, mg
Theobromine : 0.0, mg
Galactose : 0.0975, g
Calcium, Ca : 538.49994, mg

Iron, Fe : 10.711625, mg
 Magnesium, Mg : 381.48752, mg, OUT OF BOUNDS: TOO HIGH VS. 256.6666748046875
 Phosphorus, P : 969.75, mg
 Potassium, K : 1184.1249, mg, OUT OF BOUNDS: TOO LOW VS. 1566.66669921875
 Sodium, Na : 540.9875, mg
 Zinc, Zn : 7.69225, mg
 Copper, Cu : 1.789775, mg
 Fluoride, F : 0.025, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
 Manganese, Mn : 6.8643, mg, OUT OF BOUNDS: TOO HIGH VS. 3.666666793823242
 Selenium, Se : 5.50375, mcg, OUT OF BOUNDS: TOO LOW VS. 15.0
 Vitamin A, IU : 21461.025, 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, : 1072.5751, RAE
 Carotene, beta : 12872.726, mcg, OUT OF BOUNDS: TOO HIGH VS. 1000.0
 Carotene, alpha : 0.0, mcg
 Thiamin (B-1) : 0.63697493, mg
 Riboflavin (B-2) : 0.22325, mg, OUT OF BOUNDS: TOO LOW VS. 0.36666667461395264
 Niacin (B-3) : 6.1045, mg
 Pantothenic acid (B-5) : 0.18797499, mg, OUT OF BOUNDS: TOO LOW VS. 1.666666603088379
 Vitamin B-6 (Pyridoxal) : 0.57785, mg
 Folate, total : 59.125, mcg, OUT OF BOUNDS: TOO LOW VS. 106.66666259765626
 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 : 66.76, 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) : 35.53525, mg
 Vitamin K (phylloquinone) : 1286.86, mcg
 Cholesterol : 0.0, mg
 Choline, total : 3.9900002, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
 Cryptoxanthin, beta : 0.0, mcg
 Lutein + zeaxanthin : 28738.252, mcg, OUT OF BOUNDS: TOO HIGH VS. 20000.0
 Lycopene (prevents UV damage) : 0.0, mcg
 Tocopherol, beta : 2.075, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, gamma : 2.205, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, delta : 0.0575, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
 Folate, food : 59.125, mcg, OUT OF BOUNDS: TOO LOW VS. 133.33333740234374
 Folate, DFE mcg_DFEFolate, : 59.125, DFE, OUT OF BOUNDS: TOO LOW VS.
 133.33333740234374
 Betaine : 0.6975, mg
 Alanine g (helps enlarged : 1.20455, prostate)
 Arginine g (good for mitigating fatty : 2.3049, liver), OUT OF BOUNDS: TOO HIGH VS.
 0.3333333253860474
 Aspartic acid : 2.45395, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947
 Cystine : 0.47462502, g
 Glutamic acid : 6.35345, g

Glycine : 1.2014, g
Histidine : 0.70164996, g
Isoleucine : 1.13465, g
Leucine : 1.932125, g
Lysine : 1.09045, g
Methionine : 0.54015, g
Phenylalanine : 1.2986751, g
Proline : 2.351225, g
Hydroxyproline : 0.0, g
Serine : 1.3492501, g
Tryptophan : 0.24602501, g
Threonine : 0.934225, g
Tyrosine : 0.844825, g
Valine : 1.3836, 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 : 1.2156, g
4:0 (Butyric acid) : 0.0, g
6:0 (Caproic acid) : 0.00925, g
8:0 (Caprylic acid: melts @ 16.3 deg C) : 0.0, g
10:0 (Capric acid: melts @ 31.3 deg C) : 1.00000005E-4, g
12:0 (Lauric acid) : 0.0015750001, g
13:0 : 0.0, g
14:0 (Myristic acid) : 0.0224, g
15:0 (Pentadecanoic acid) : 0.0, g
16:0 (Palmitic acid) : 1.792325, g
17:0 (Margaric acid) : 0.0, g
18:0 (Stearic acid) : 0.49865, g
20:0 (Arachidic acid) : 0.00975, g
24:0 (Lignoceric acid) : 0.0, g
22:0 (Behenic acid) : 0.0, g
Fatty acids, total monounsaturated : 2.7807999, g
14:1 : 0.0, g
15:1 : 0.0, g
16:1 undifferentiated : 0.00975, g
16:1 (Palmitoleic acid) c : 0.0, g
17:1 : 0.0, g
18:1 undifferentiated : 1.51065, g
18:1 (Oleic acid) c : 2.7034998, g
20:1 : 0.0195, 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 : 17.208675, g
18:2 ---undifferentiated (n-6=Linoleic acid) : 7.209625, g
18:2 n-6 c,c (Linoleic acid) : 6.75, g
18:2 i : 0.0, g
18:2 CLAs : 0.0, g
18:3 ---undifferentiated (n-3=a-Linolenic acid) : 3.231475, g
18:3 n-3 c,c,c (a-Linolenic acid) : 2.7682498, g
18:3 n-6 c,c,c (Linolenic acid) : 0.3, g
18:3i : 0.0, g
18:4 : 0.15, 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 : 0.0015750001, 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 : 186.5, mg
---Stigmasterol (a phytosterol) : 90.375, mg
---Campesterol (a phytosterol) : 24.75, mg
Beta-sitosterol : 24.75, mg

Number of nutrients above maximum target limits: 7
Number of nutrients within target limits: 115
Number of nutrients below minimum target limits: 18