

Lima Bean Mushroom Zucchini Chard

(3 Servings)



Ingredients:

560.0 grams Mushrooms, shiitake
40.0 grams Oil, olive, salad or cooking
100.0 grams Onions
750.0 grams Lima beans, large, mature seeds, cooked, boiled, without salt
500.0 grams Squash, summer, zucchini, includes skin
450.0 grams Chard, swiss
380.0 grams Tomatoes
5.0 grams Spices, mustard seed, ground
5.0 grams Spices, coriander seed, ground
5.0 grams Spices, poppy seed

Preparation/Cooking Instructions:

Cut and place chard, onions, mushrooms, zucchini & tomatoes in a pot.
Cook and stir on steamingly high temperature until onions and zucchini are slightly more tender.
Remove from heat and add remaining ingredients and stir.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.16963498
Sweetness: 0.02016706
Sourness: 0.08464083
Bitterness: 0.0827471
Umami: 0.026120927
Richness: 0.018700002

Glycemic Load & Inflammation Profile Per Serving:

Inflammation Load: 866.1417
Glycemic Load: 48.637833
Complete Protein (grams) 5.585245

Nutritional Content Per Serving:

Protein : 33.170666, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 17.422169, g
Carbohydrate, by difference : 87.26049, g
Ash : 8.359666, g
Energy : 591.48334, kcal
---Energy : 2473.85, kj
Starch : 0.0, g

Sugars, total : 19.140333, g, OUT OF BOUNDS: TOO HIGH VS. 16.666667175292968
 ---Sucrose : 1.0303334, g
 ---Glucose (dextrose) : 4.3654995, g
 ---Fructose : 4.8445, g
 ---Lactose : 0.0, g
 ---Maltose : 0.0, g
 Alcohol, ethyl : 0.0, g
 Fiber, total dietary : 31.716667, g
 Water : 785.4666, g
 Caffeine : 0.0, mg
 Theobromine : 0.0, mg
 Galactose : 0.0033333336, g
 Calcium, Ca : 225.18332, mg, OUT OF BOUNDS: TOO LOW VS. 333.3333251953125
 Iron, Fe : 12.565167, mg
 Magnesium, Mg : 335.81665, mg, OUT OF BOUNDS: TOO HIGH VS. 256.6666748046875
 Phosphorus, P : 676.11664, mg
 Potassium, K : 3512.367, mg
 Sodium, Na : 304.59998, mg, OUT OF BOUNDS: TOO LOW VS. 500.0
 Zinc, Zn : 5.7573333, mg
 Copper, Cu : 1.38505, mg
 Fluoride, F : 5.866667, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
 Manganese, Mn : 2.85585, mg
 Selenium, Se : 29.623335, mcg
 Vitamin A, IU : 11668.25, 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, : 582.76666, RAE, OUT OF BOUNDS: TOO LOW VS.
 694.333349609375
 Carotene, beta : 6966.433, mcg, OUT OF BOUNDS: TOO HIGH VS. 1000.0
 Carotene, alpha : 67.5, mcg
 Thiamin (B-1) : 0.7892, mg
 Riboflavin (B-2) : 0.8656833, mg
 Niacin (B-3) : 10.508349, mg
 Pantothenic acid (B-5) : 4.541467, mg
 Vitamin B-6 (Pyridoxal) : 1.1389334, mg
 Folate, total : 320.6667, 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 : 80.331665, mg
 Vitamin D : 42.933334, 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) : 6.2283335, mg
 Vitamin K (phylloquinone) : 514.7467, mcg
 Cholesterol : 0.0, mg
 Choline, total : 263.85168, mg
 Cryptoxanthin, beta : 0.0, mcg
 Lutein + zeaxanthin : 18569.033, mcg
 Lycopene (prevents UV damage) : 3851.9333, mcg

Tocopherol, beta : 0.16566667, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, gamma : 0.85400003, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, delta : 0.03, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
 Folate, food : 320.6667, mcg
 Folate, DFE mcg_DFEFolate, : 320.6667, DFE
 Betaine : 1.3033333, mg
 Alanine g (helps enlarged : 1.4365333, prostate)
 Arginine g (good for mitigating fatty : 1.8426999, liver), OUT OF BOUNDS: TOO HIGH VS.
 0.3333333253860474
 Aspartic acid : 3.4953334, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947
 Cystine : 0.30308333, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
 Glutamic acid : 4.8672, g
 Glycine : 1.2130166, g
 Histidine : 0.8254166, g
 Isoleucine : 1.5731332, g
 Leucine : 2.4101503, g
 Lysine : 1.8757333, g
 Methionine : 0.38258332, g
 Phenylalanine : 1.6114833, g
 Proline : 1.2251998, g
 Hydroxyproline : 0.0, g
 Serine : 1.6787499, g
 Tryptophan : 0.30966666, g
 Threonine : 1.3095001, g
 Tyrosine : 0.9151333, g
 Valine : 1.7433665, 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 : 2.4155, g
 4:0 (Butyric acid) : 0.0, g
 6:0 (Caproic acid) : 6.166667E-4, g
 8:0 (Caprylic acid: melts @ 16.3 deg C) : 0.0, g
 10:0 (Capric acid: melts @ 31.3 deg C) : 0.0, g
 12:0 (Lauric acid) : 0.0, g
 13:0 : 0.0, g
 14:0 (Myristic acid) : 0.00545, g
 15:0 (Pentadecanoic acid) : 0.0, g
 16:0 (Palmitic acid) : 1.9649, g
 17:0 (Margaric acid) : 0.0029333334, g
 18:0 (Stearic acid) : 0.3459666, g

20:0 (Arachidic acid) : 0.060433332, g
 24:0 (Lignoceric acid) : 0.0017499999, g
 22:0 (Behenic acid) : 0.020116664, g
 Fatty acids, total monounsaturated : 10.526401, g
 14:1 : 0.0, g
 15:1 : 0.0, g
 16:1 undifferentiated : 0.17695002, g
 16:1 (Palmitoleic acid) c : 0.0, g
 17:1 : 0.016666668, g
 18:1 undifferentiated : 10.135417, g
 18:1 (Oleic acid) c : 0.097733326, g
 20:1 : 0.10933333, g
 22:1 undifferentiated : 0.16091666, g
 24:1 c (Nervonic acid) : 0.010733333, g
 22:1 c (Erucic acid) : 0.0, g
 Fatty acids, total polyunsaturated : 2.6929166, g
 18:2 ---undifferentiated (n-6=Linoleic acid) : 2.649067, 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) : 0.46425, g, OUT OF BOUNDS: TOO LOW VS. 0.6
 18:3 n-3 c,c,c (a-Linolenic acid) : 0.00455, 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 : 0.004166667, 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 : 50.083336, 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: 6

Number of nutrients within target limits: 117

Number of nutrients below minimum target limits: 17