

Minty Carob Apple Nut Oats (Serves 1)



Ingredients:

65.0 grams Oats
70.0 grams Carob flour
60.0 grams Apples, raw, with skin
12.0 grams Nuts, walnuts, english
12.0 grams Seeds, pumpkin and squash seed kernels, dried
20.0 grams Spearmint, fresh
1.3 grams Salt, table

Preparation/Cooking Instructions:

Cook oats (~½ cup oats w/ 1.5 cups water: bring to boil, stir until tender).
Finely chop nuts and mint (in coffee or nut grinder, for example).
Mix all ingredients and add enough water to create a gravy.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.27077085
Sweetness: 0.15913546
Sourness: 0.022947323
Bitterness: 0.14951311
Umami: 0.07858843
Richness: 0.07322097

Glycemic Load & Inflammation Profile (Per Serving):

Inflammation Load: 410.03937
Glycemic Load: 55.678123
Complete Protein: 5.855425

Nutritional Content Per Serving:

Protein : 20.1771, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 17.595, g
Carbohydrate, by difference : 117.915695, g, OUT OF BOUNDS: TOO HIGH VS. 103.33333740234374
Ash : 5.276, g
Energy : 580.73, kcal
---Energy : 2430.58, kj
Starch : 0.2124, g
Sugars, total : 41.019, g, OUT OF BOUNDS: TOO HIGH VS. 16.666667175292968
---Sucrose : 1.6206, g
---Glucose (dextrose) : 1.4816, g
---Fructose : 3.5670002, g
---Lactose : 0.0, g
---Maltose : 0.0, g
Alcohol, ethyl : 0.0, g
Fiber, total dietary : 38.94, g
Water : 77.33221, g
Caffeine : 0.0, mg
Theobromine : 0.0, mg

Galactose : 0.0, g
 Calcium, Ca : 337.732, mg
 Iron, Fe : 8.92569, mg
 Magnesium, Mg : 255.303, mg
 Phosphorus, P : 596.41, mg
 Potassium, K : 1154.834, mg, OUT OF BOUNDS: TOO LOW VS. 1566.66669921875
 Sodium, Na : 537.29395, mg
 Zinc, Zn : 4.7139997, mg
 Copper, Cu : 1.19095, mg
 Fluoride, F : 2.006, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
 Manganese, Mn : 4.6834598, mg, OUT OF BOUNDS: TOO HIGH VS. 3.666666793823242
 Selenium, Se : 5.3293, mcg, OUT OF BOUNDS: TOO LOW VS. 15.0
 Vitamin A, IU : 856.92, IU
 Retinol : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 300.0
 Vitamin A, RAE mcg_RAEVitamin A, : 43.320004, RAE, OUT OF BOUNDS: TOO LOW VS. 694.333349609375
 Carotene, beta : 24.080002, mcg
 Carotene, alpha : 0.12, mcg
 Thiamin (B-1) : 0.62571, mg
 Riboflavin (B-2) : 0.49701, mg
 Niacin (B-3) : 2.90769, mg, OUT OF BOUNDS: TOO LOW VS. 4.0
 Pantothenic acid (B-5) : 1.1433499, mg, OUT OF BOUNDS: TOO LOW VS. 1.666666603088379
 Vitamin B-6 (Pyridoxal) : 0.46060997, mg
 Folate, total : 96.259995, 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 : 5.9179997, 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) : 0.8806, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Vitamin K (phylloquinone) : 2.466, mcg, OUT OF BOUNDS: TOO LOW VS. 40.0
 Cholesterol : 0.0, mg
 Choline, total : 21.85, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
 Cryptoxanthin, beta : 6.7200003, mcg
 Lutein + zeaxanthin : 27.18, mcg
 Lycopene (prevents UV damage) : 0.0, mcg
 Tocopherol, beta : 0.0186, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, gamma : 6.295, mg
 Tocopherol, delta : 0.2418, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
 Folate, food : 96.259995, mcg, OUT OF BOUNDS: TOO LOW VS. 133.33333740234374
 Folate, DFE mcg_DFEFolate, : 96.259995, DFE, OUT OF BOUNDS: TOO LOW VS. 133.33333740234374
 Betaine : 0.09, mg
 Alanine g (helps enlarged : 1.2700499, prostate)
 Arginine g (good for mitigating fatty : 1.76976, liver), OUT OF BOUNDS: TOO HIGH VS.

0.3333333253860474

Aspartic acid : 1.951, g, OUT OF BOUNDS: TOO HIGH VS. 0.666666507720947

Cystine : 0.35393998, g

Glutamic acid : 3.77696, g

Glycine : 1.07331, g

Histidine : 0.49755, g

Isoleucine : 0.84422, g

Leucine : 1.6084799, g

Lysine : 0.81896996, g

Methionine : 0.36525998, g

Phenylalanine : 1.00371, g

Proline : 1.11402, g

Hydroxyproline : 0.0, g

Serine : 1.02606, g

Tryptophan : 0.28241998, g

Threonine : 0.77340996, g

Tyrosine : 0.64861, g

Valine : 1.2260299, g

Fatty acids, total trans : 0.0076800003, g

---Fatty acids, total trans-monoenoic : 0.00312, g

16:1 t (trans-Palmitoleic acid) : 0.0, g

18:1 t (trans-Oleic acid) : 0.0030, g

22:1 t (trans-Erucic acid) : 1.20000004E-4, g

---Fatty acids, total trans-polyenoic : 0.00468, g

18:2 t not further defined : 0.00468, g

18:2 t,t : 0.0, g

Fatty acids, total saturated : 2.56073, g

4:0 (Butyric acid) : 0.0, g

6:0 (Caproic acid) : 1.20000004E-4, g

8:0 (Caprylic acid: melts @ 16.3 deg C) : 0.0, g

10:0 (Capric acid: melts @ 31.3 deg C) : 3.6E-4, g

12:0 (Lauric acid) : 0.01632, g

13:0 : 0.0, g

14:0 (Myristic acid) : 0.01893, g

15:0 (Pentadecanoic acid) : 9.6000003E-4, g

16:0 (Palmitic acid) : 1.8483801, g

17:0 (Margaric acid) : 0.00444, g

18:0 (Stearic acid) : 0.56803, g

20:0 (Arachidic acid) : 0.03174, g

24:0 (Lignoceric acid) : 0.0052799997, g

22:0 (Behenic acid) : 0.00684, g

Fatty acids, total monounsaturated : 4.26724, g

14:1 : 0.0, g

15:1 : 0.0, g

16:1 undifferentiated : 0.01741, g

16:1 (Palmitoleic acid) c : 0.00576, g

17:1 : 0.0, g

18:1 undifferentiated : 4.3675094, g
 18:1 (Oleic acid) c : 1.9329599, g
 20:1 : 0.02012, g
 22:1 undifferentiated : 1.20000004E-4, g
 24:1 c (Nervonic acid) : 5.9999997E-4, g
 22:1 c (Erucic acid) : 0.0, g
 Fatty acids, total polyunsaturated : 8.991671, g
 18:2 ---undifferentiated (n-6=Linoleic acid) : 8.0551, g
 18:2 n-6 c,c (Linoleic acid) : 2.4800398, g
 18:2 i : 0.0, g
 18:2 CLAs : 4.8000002E-4, g
 18:3 ---undifferentiated (n-3=a-Linolenic acid) : 1.07035, g
 18:3 n-3 c,c,c (a-Linolenic acid) : 0.0144, 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 : 4.8000002E-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 : 0.015719999, 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 : 7.2E-4, g
 22:5 n-3 : 0.0, g
 22:6 n-3 (DHA: Docosahexanoic acid) : 0.0, g
 Phytosterols : 16.400002, mg, OUT OF BOUNDS: TOO LOW VS. 50.0
 ---Stigmasterol (a phytosterol) : 0.1, mg
 ---Campesterol (a phytosterol) : 0.7, mg
 Beta-sitosterol : 6.4, mg

Number of nutrients above maximum target limits: 5

Number of nutrients within target limits: 112

Number of nutrients below minimum target limits: 23