

Moth Bean Rice Pepper Tomato Spinach

(Serves 4)



Ingredients:

800.0 grams Mothbeans, mature seeds, cooked, boiled, without salt
400.0 grams Rice, brown, medium-grain, cooked
100.0 grams Spinach, cooked, boiled, drained, without salt
200.0 grams Peppers, sweet, green, cooked, boiled, drained, without salt
300.0 grams Tomatoes, red, ripe, cooked
40.0 grams Oil, olive, salad or cooking
10.0 grams Spices, pepper, red or cayenne
10.0 grams Spices, mustard seed, ground
5.0 grams Spices, thyme, dried
100.0 grams Seeds, sesame seeds, whole, dried

15.0 grams Vinegar, cider
6.0 grams Salt, table

Preparation/Cooking Instructions:

Boil moth beans for 5 minutes, replace water, reboil then simmer for 30 minutes or until tender.
Boil 1.5 parts water per part rice for a moment, then simmer for 30 minutes.
Stir fry peppers until slightly tender, then add spinach and tomatoes.
Put 800 grams cooked moth beans in a lightly oiled wok and stir fry until a slight gravy is revealed.
Mix in the remaining ingredients.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.23652464
Sweetness: 0.007836218
Sourness: 0.11762581
Bitterness: 0.09295947
Umami: 0.02051737
Richness: 0.052418172

Glycemic Load & Inflammation Profile (Per Serving):

Inflammation Load: 438.6237
Glycemic Load: 4.312932
Complete Protein (grams) 5.0694504

Nutritional Content Per Serving:

Protein : 25.353622, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 26.025623, g
Carbohydrate, by difference : 81.504745, g
Ash : 7.363, g
Energy : 635.0, kcal
---Energy : 2656.2751, kj
Starch : 0.0, g
Sugars, total : 4.094625, g
---Sucrose : 0.16725, g
---Glucose (dextrose) : 1.732, g
---Fructose : 1.7329999, g
---Lactose : 0.0, g
---Maltose : 0.0, g
Alcohol, ethyl : 0.0, g

Fiber, total dietary : 7.9224997, g, OUT OF BOUNDS: TOO LOW VS. 10.0
 Water : 352.5184, g
 Caffeine : 0.0, mg
 Theobromine : 0.0, mg
 Galactose : 0.0050000004, g
 Calcium, Ca : 340.935, mg
 Iron, Fe : 14.111199, mg
 Magnesium, Mg : 389.065, mg, OUT OF BOUNDS: TOO HIGH VS. 256.6666748046875
 Phosphorus, P : 608.78754, mg
 Potassium, K : 1246.195, mg, OUT OF BOUNDS: TOO LOW VS. 1566.66669921875
 Sodium, Na : 633.8325, mg
 Zinc, Zn : 4.38525, mg
 Copper, Cu : 1.5984, mg
 Fluoride, F : 9.48, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
 Manganese, Mn : 3.347037, mg
 Selenium, Se : 20.581501, mcg
 Vitamin A, IU : 4331.775, 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, : 216.95, RAE, OUT OF BOUNDS: TOO LOW VS. 694.333349609375
 Carotene, beta : 2499.75, mcg, OUT OF BOUNDS: TOO HIGH VS. 1000.0
 Carotene, alpha : 13.0, mcg
 Thiamin (B-1) : 0.6627375, mg
 Riboflavin (B-2) : 0.24473748, mg, OUT OF BOUNDS: TOO LOW VS. 0.36666667461395264
 Niacin (B-3) : 4.9523497, mg
 Pantothenic acid (B-5) : 1.37925, mg, OUT OF BOUNDS: TOO LOW VS. 1.666666603088379
 Vitamin B-6 (Pyridoxal) : 0.8468, mg
 Folate, total : 378.62497, mcg, OUT OF BOUNDS: TOO HIGH VS. 333.3333251953125
 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 : 61.4625, 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) : 3.6534998, mg
 Vitamin K (phylloquinone) : 159.99376, mcg
 Cholesterol : 0.0, mg
 Choline, total : 25.13, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
 Cryptoxanthin, beta : 160.71251, mcg
 Lutein + zeaxanthin : 3479.8125, mcg
 Lycopene (prevents UV damage) : 2280.75, mcg
 Tocopherol, beta : 0.0185, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, gamma : 0.741, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, delta : 0.02775, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
 Folate, food : 378.62497, mcg
 Folate, DFE mcg_DFEFolate, : 378.62497, DFE
 Betaine : 22.3075, mg

Alanine g (helps enlarged : 0.474325, prostate)
 Arginine g (good for mitigating fatty : 0.964325, liver), OUT OF BOUNDS: TOO HIGH VS. 0.3333333253860474
 Aspartic acid : 0.92887497, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947
 Cystine : 0.24274999, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
 Glutamic acid : 2.037375, g, OUT OF BOUNDS: TOO LOW VS. 2.566666603088379
 Glycine : 0.528925, g
 Histidine : 0.7754501, g
 Isoleucine : 1.172675, g
 Leucine : 1.7488751, g
 Lysine : 1.2241876, g
 Methionine : 0.38657504, g
 Phenylalanine : 1.152325, g
 Proline : 0.44575, g
 Hydroxyproline : 0.0, g
 Serine : 0.446975, g
 Tryptophan : 0.257725, g
 Threonine : 0.3621, g
 Tyrosine : 0.344225, g
 Valine : 1.00925, 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 : 3.7349, g
 4:0 (Butyric acid) : 0.0, g
 6:0 (Caproic acid) : 0.0, g
 8:0 (Caprylic acid: melts @ 16.3 deg C) : 0.0030, g
 10:0 (Capric acid: melts @ 31.3 deg C) : 0.00225, g
 12:0 (Lauric acid) : 0.004625, g
 13:0 : 0.0, g
 14:0 (Myristic acid) : 0.039625, g
 15:0 (Pentadecanoic acid) : 0.0, g
 16:0 (Palmitic acid) : 2.726675, g
 17:0 (Margaric acid) : 0.0022, g
 18:0 (Stearic acid) : 0.80125, g
 20:0 (Arachidic acid) : 0.048275, g
 24:0 (Lignoceric acid) : 0.002625, g
 22:0 (Behenic acid) : 0.017275, g
 Fatty acids, total monounsaturated : 12.943424, g
 14:1 : 0.0, g
 15:1 : 0.0, g
 16:1 undifferentiated : 0.1753, g

16:1 (Palmitoleic acid) c : 0.0, g
 17:1 : 0.0125, g
 18:1 undifferentiated : 12.441099, g
 18:1 (Oleic acid) c : 0.0, g
 20:1 : 0.14845, g
 22:1 undifferentiated : 0.23387499, g
 24:1 c (Nervonic acid) : 0.0161, g
 22:1 c (Erucic acid) : 0.0, g
 Fatty acids, total polyunsaturated : 7.3811255, g
 18:2 ---undifferentiated (n-6=Linoleic acid) : 7.3637247, 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) : 0.51252496, g, OUT OF BOUNDS: TOO LOW VS.
 0.6
 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 : 0.00625, 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 : 218.9125, 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: 113

Number of nutrients below minimum target limits: 21