

Mushroom Bean Rice Greens Wrap (Serves 3)



Ingredients:

450.0 grams Mushrooms, shiitake, cooked, without salt
500.0 grams Beans, navy, mature seeds, cooked, boiled, without salt
300.0 grams Rice, brown, long-grain, cooked
100.0 grams Parsnips, baked
350.0 grams Collards, cooked, boiled, drained, without salt
5.0 grams Spices, savory, ground
5.0 grams Seeds, chia seeds, dried
3.7 grams Salt, table
50.0 grams Oil, olive, salad or cooking
100.0 grams Tomatoes, red, ripe, cooked

Preparation/Cooking Instructions:

Stir fry mushrooms, then add tomatoes.

Remove from heat, add other ingredients & mix well.

Lightly cook collard greens until slightly softer, one whole large leaf at a time:

Use either a thin layer of oil or thin layer of boiling water.

Use the soft collard green leaves as wraps, stuffing with other ingredients.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.21342492

Sweetness: 0.010026024

Sourness: 0.05813431

Bitterness: 0.07973195

Umami: 0.028421687

Richness: 0.032351237

Glycemic Load & Inflammation Profile:

Inflammation Load: 667.3538

Glycemic Load: 51.056526

Complete Protein (grams) 4.4979277

Nutritional Content Per Serving:

Protein : 22.1875, g

---Adjusted Protein : 0.0, g

Total lipid (fat) : 20.097666, g

Carbohydrate, by difference : 102.89967, g

Ash : 6.0375333, g

Energy : 649.69995, kcal

---Energy : 2713.4832, kj

Starch : 25.666666, g

Sugars, total : 3.8633332, g

---Sucrose : 0.9666667, g

---Glucose (dextrose) : 0.39333332, g

---Fructose : 0.43666664, g

---Lactose : 0.0, g

---Maltose : 0.0, g

Alcohol, ethyl : 0.0, g

Fiber, total dietary : 28.973333, g

Water : 470.0208, g

Caffeine : 0.0, mg

Theobromine : 0.0, mg
 Galactose : 0.0, g
 Calcium, Ca : 355.0126, mg
 Iron, Fe : 7.5187364, mg
 Magnesium, Mg : 194.62901, mg
 Phosphorus, P : 452.63333, mg
 Potassium, K : 1220.2819, mg, OUT OF BOUNDS: TOO LOW VS. 1566.66669921875
 Sodium, Na : 515.73206, mg
 Zinc, Zn : 4.9844, mg
 Copper, Cu : 1.9209533, mg
 Fluoride, F : 3.6913333, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
 Manganese, Mn : 2.9586835, mg
 Selenium, Se : 53.26123, mcg
 Vitamin A, IU : 9714.833, 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, : 485.94998, RAE, OUT OF BOUNDS: TOO LOW VS. 694.333349609375
 Carotene, beta : 5714.0, mcg, OUT OF BOUNDS: TOO HIGH VS. 1000.0
 Carotene, alpha : 105.0, mcg
 Thiamin (B-1) : 0.64126676, mg
 Riboflavin (B-2) : 0.5376667, mg
 Niacin (B-3) : 6.0091662, mg
 Pantothenic acid (B-5) : 6.616667, mg
 Vitamin B-6 (Pyridoxal) : 0.84933335, mg
 Folate, total : 404.0, 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 : 37.283337, mg
 Vitamin D : 46.5, 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) : 4.148333, mg
 Vitamin K (phylloquinone) : 533.39996, mcg
 Cholesterol : 0.0, mg
 Choline, total : 178.35, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
 Cryptoxanthin, beta : 23.333334, mcg
 Lutein + zeaxanthin : 9007.666, mcg
 Lycopene (prevents UV damage) : 1013.6667, mcg
 Tocopherol, beta : 0.021666666, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, gamma : 2.3416665, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, delta : 0.15333334, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
 Folate, food : 404.0, mcg
 Folate, DFE mcg_DFEFolate, : 404.0, DFE
 Betaine : 0.8, mg
 Alanine g (helps enlarged : 1.0134499, prostate)
 Arginine g (good for mitigating fatty : 1.1888834, liver), OUT OF BOUNDS: TOO HIGH VS. 0.3333333253860474

Aspartic acid : 2.4223833, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947
Cystine : 0.23451668, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
Glutamic acid : 3.5312998, g
Glycine : 0.8741168, g
Histidine : 0.50310004, g
Isoleucine : 0.9571, g
Leucine : 1.7057999, g
Lysine : 1.1822834, g
Methionine : 0.31766668, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
Phenylalanine : 1.1324667, g
Proline : 1.0897833, g
Hydroxyproline : 0.0, g
Serine : 1.1401834, g
Tryptophan : 0.25184998, g
Threonine : 0.78508335, g
Tyrosine : 0.57105005, g
Valine : 1.2393498, 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 : 2.9184332, g
4:0 (Butyric acid) : 0.0, g
6:0 (Caproic acid) : 0.0, g
8:0 (Caprylic acid: melts @ 16.3 deg C) : 0.0, g
10:0 (Capric acid: melts @ 31.3 deg C) : 0.0060000005, g
12:0 (Lauric acid) : 0.0063333334, g
13:0 : 0.0, g
14:0 (Myristic acid) : 0.0128333345, g
15:0 (Pentadecanoic acid) : 5.0E-4, g
16:0 (Palmitic acid) : 2.3024166, g
17:0 (Margaric acid) : 0.0047166664, g
18:0 (Stearic acid) : 0.4128833, g
20:0 (Arachidic acid) : 0.070549995, g
24:0 (Lignoceric acid) : 0.0, g
22:0 (Behenic acid) : 0.022033332, g
Fatty acids, total monounsaturated : 12.706416, g
14:1 : 5.0E-4, g
15:1 : 0.0, g
16:1 undifferentiated : 0.24401666, g
16:1 (Palmitoleic acid) c : 0.0, g
17:1 : 0.020833334, g
18:1 undifferentiated : 12.472449, g

18:1 (Oleic acid) c : 0.0, g
20:1 : 0.0526, g
22:1 undifferentiated : 0.024000002, g
24:1 c (Nervonic acid) : 0.0, g
22:1 c (Erucic acid) : 0.0, g
Fatty acids, total polyunsaturated : 2.7489166, g
18:2 ---undifferentiated (n-6=Linoleic acid) : 2.4149165, 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) : 0.843, 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 : 0.0023333335, 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 : 40.35, mg, OUT OF BOUNDS: TOO LOW VS. 50.0
---Stigmasterol (a phytosterol) : 0.0, mg
---Campesterol (a phytosterol) : 0.0, mg
Beta-sitosterol : 0.0, mg

Number of nutrients above maximum target limits: 5

Number of nutrients within target limits: 117

Number of nutrients below minimum target limits: 18