

Peanut Pea Carrot Fried Rice

(Serves 5)



Ingredients:

800.0 grams Rice, brown, medium-grain, cooked
454.0 grams Peas, green, cooked, boiled, drained, without salt
170.0 grams Carrots, cooked, boiled, drained, without salt
100.0 grams Peppers, sweet, red, cooked, boiled, drained, without salt
15.0 grams Spices, garlic powder
250.0 grams Onions, cooked, boiled, drained, without salt
20.0 grams Soy sauce made from soy (tamari)
20.0 grams Oil, peanut, salad or cooking
200.0 grams Peanuts, all types, dry-roasted, with salt

Preparation/Cooking Instructions:

Boil 2 cups water with 2 cups rice until slightly tender, but still chewy. Time varies 30-40 minutes.
Shred carrots.
Mix in ingredients & stir fry.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.24230598
Sweetness: 0.026932655
Sourness: 0.1181084
Bitterness: 0.097384125
Umaminess: 0.04735441
Richness: 0.06311943

Glycemic Load & Inflammation Profile:

Inflammation Load: 476.46277
Glycemic Load: 19.123304
Complete Protein (g) 4.4205494

Nutritional Content Per Serving:

Protein : 20.09018, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 25.613861, g
Carbohydrate, by difference : 72.02654, g
Ash : 4.22816, g
Energy : 576.662, kcal
---Energy : 2414.176, kj
Starch : 0.057800002, g
Sugars, total : 11.613339, g
---Sucrose : 6.2692604, g
---Glucose (dextrose) : 1.35114, g
---Fructose : 1.2239801, g
---Lactose : 0.0, g
---Maltose : 0.16344, g
Alcohol, ethyl : 0.0, g
Fiber, total dietary : 13.3359995, g
Water : 283.85727, g
Caffeine : 0.0, mg
Theobromine : 0.0, mg
Galactose : 0.0, g
Calcium, Ca : 88.286, mg, OUT OF BOUNDS: TOO LOW VS. 333.3333251953125

Iron, Fe : 3.74382, mg
 Magnesium, Mg : 191.022, mg
 Phosphorus, P : 421.55603, mg
 Potassium, K : 876.03796, mg, OUT OF BOUNDS: TOO LOW VS. 1566.66669921875
 Sodium, Na : 576.38403, mg
 Zinc, Zn : 3.70082, mg
 Copper, Cu : 0.628754, mg
 Fluoride, F : 22.55, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
 Manganese, Mn : 3.26663, mg
 Selenium, Se : 6.0722, mcg, OUT OF BOUNDS: TOO LOW VS. 15.0
 Vitamin A, IU : 7107.7285, 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_RAE Vitamin A, : 355.4, RAE, OUT OF BOUNDS: TOO LOW VS. 694.333349609375
 Carotene, beta : 3565.1401, mcg, OUT OF BOUNDS: TOO HIGH VS. 1000.0
 Carotene, alpha : 1307.416, mcg
 Thiamin (B-1) : 0.64422196, mg
 Riboflavin (B-2) : 0.23646203, mg, OUT OF BOUNDS: TOO LOW VS. 0.36666667461395264
 Niacin (B-3) : 9.952188, mg
 Pantothenic acid (B-5) : 1.512634, mg, OUT OF BOUNDS: TOO LOW VS. 1.666666603088379
 Vitamin B-6 (Pyridoxal) : 0.75766796, mg
 Folate, total : 139.194, 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 : 50.953598, 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) : 4.58502, mg
 Vitamin K (phylloquinone) : 29.4852, mcg, OUT OF BOUNDS: TOO LOW VS. 40.0
 Cholesterol : 0.0, mg
 Choline, total : 60.2046, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
 Cryptoxanthin, beta : 92.0, mcg
 Lutein + zeaxanthin : 2599.4238, mcg
 Lycopene (prevents UV damage) : 0.0, mcg
 Tocopherol, beta : 0.025200002, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, gamma : 1.5387199, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, delta : 0.072960004, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
 Folate, food : 139.194, mcg
 Folate, DFE mcg_DFE Folate, : 139.194, DFE
 Betaine : 0.3986, mg
 Alanine g (helps enlarged : 0.901806, prostate)
 Arginine g (good for mitigating fatty : 2.039834, liver), OUT OF BOUNDS: TOO HIGH VS. 0.3333333253860474
 Aspartic acid : 2.15574, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947
 Cystine : 0.246046, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
 Glutamic acid : 3.843284, g

Glycine : 0.99982595, g
 Histidine : 0.47184998, g
 Isoleucine : 0.748564, g
 Leucine : 1.3235598, g
 Lysine : 0.887112, g
 Methionine : 0.296638, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
 Phenylalanine : 0.938394, g
 Proline : 0.86448795, g
 Hydroxyproline : 0.0, g
 Serine : 0.89816207, g
 Tryptophan : 0.200266, g
 Threonine : 0.7470881, g
 Tyrosine : 0.685826, g
 Valine : 0.90876603, 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 : 3.772022, 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) : 0.0, g
 12:0 (Lauric acid) : 0.0016000001, g
 13:0 : 0.0, g
 14:0 (Myristic acid) : 0.01975, g
 15:0 (Pentadecanoic acid) : 0.0, g
 16:0 (Palmitic acid) : 2.74819, g
 17:0 (Margaric acid) : 0.0, g
 18:0 (Stearic acid) : 0.565242, g
 20:0 (Arachidic acid) : 0.056, g
 24:0 (Lignoceric acid) : 0.036, g
 22:0 (Behenic acid) : 0.112840004, g
 Fatty acids, total monounsaturated : 2.3668423, g
 14:1 : 0.0, g
 15:1 : 0.0, g
 16:1 undifferentiated : 0.012940001, g
 16:1 (Palmitoleic acid) c : 0.0, g
 17:1 : 0.0, g
 18:1 undifferentiated : 11.890312, g
 18:1 (Oleic acid) c : 0.0031800002, g
 20:1 : 0.31879997, g
 22:1 undifferentiated : 0.0, g

24:1 c (Nervonic acid) : 2.7000002E-4, g
 22:1 c (Erucic acid) : 0.0, g
 Fatty acids, total polyunsaturated : 1.939516, g
 18:2 ---undifferentiated (n-6=Linoleic acid) : 8.172886, 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) : 0.044152003, g, OUT OF BOUNDS: TOO LOW VS. 0.6
 18:3 n-3 c,c,c (a-Linolenic acid) : 3.6E-4, 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 : 6.6E-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 : 0.0, 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 : 19.32, 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: 4
 Number of nutrients within target limits: 112
 Number of nutrients below minimum target limits: 24