

Pinto Bean Tempeh Chile

(4 Servings)



Ingredients:

800.0 grams Beans, pinto, mature seeds, cooked, boiled, without salt
400.0 grams Tempeh
400.0 grams Onions, frozen, chopped, cooked, boiled, drained, without salt
400.0 grams Tomatoes, red, ripe, cooked
300.0 grams Celery, cooked, boiled, drained, without salt
100.0 grams Hemp seed
15.0 grams Spices, chili powder
15.0 grams Spices, pepper, black
15.0 grams Spices, cumin seed
10.0 grams Spices, curry powder
5.0 grams Salt, table

Preparation/Cooking Instructions:

Cook 1.5 cups pinto beans in 3 cups of water in a large pot: bring to boil, replace water and reboil. Then simmer for 45 minutes or until mostly tender.

Chop vegetables and tempe.

Add the remaining ingredients and 2 cups of water, stirring and cooking on medium heat for about 5 minutes.

Add enough water to make like a stew & simmer for about 30 minutes, stirring occasionally.

Optional: Add vegan sour cream substitute.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.22521919
Sweetness: 0.01911365
Sourness: 0.055760868
Bitterness: 0.16450836
Umami: 0.06442886
Richness: 0.03782297

Glycemic Load & Inflammation Profile:

Inflammation Load: 176.5354
Glycemic Load: 56.087692
Complete Protein (g): 8.711841

Nutritional Content Per Serving:

Protein : 46.957256, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 23.261126, g
Carbohydrate, by difference : 89.922874, g
Ash : 9.089751, g
Energy : 739.525, kcal
---Energy : 2985.5498, kj
Starch : 31.55, g
Sugars, total : 9.0445, g
---Sucrose : 1.1389999, g
---Glucose (dextrose) : 1.89625, g
---Fructose : 2.098125, g
---Lactose : 0.0, g
---Maltose : 0.0, g
Alcohol, ethyl : 0.0, g
Fiber, total dietary : 25.699999, g
Water : 445.3415, g

Caffeine : 0.0, mg
Theobromine : 0.0, mg
Galactose : 0.70775, g
Calcium, Ca : 362.975, mg
Iron, Fe : 15.524002, mg, OUT OF BOUNDS: TOO HIGH VS. 15.0
Magnesium, Mg : 359.48752, mg, OUT OF BOUNDS: TOO HIGH VS. 256.6666748046875
Phosphorus, P : 961.0375, mg
Potassium, K : 2262.5376, mg
Sodium, Na : 636.475, mg
Zinc, Zn : 5.6019993, mg
Copper, Cu : 1.7306128, mg
Fluoride, F : 5.7075005, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
Manganese, Mn : 4.7370872, mg, OUT OF BOUNDS: TOO HIGH VS. 3.666666793823242
Selenium, Se : 15.014999, mcg
Vitamin A, IU : 2078.1125, IU
Retinol : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 300.0
Vitamin A, RAE mcg_RAEVitamin A, : 103.3, RAE, OUT OF BOUNDS: TOO LOW VS.
694.333349609375
Carotene, beta : 1140.475, mcg, OUT OF BOUNDS: TOO HIGH VS. 1000.0
Carotene, alpha : 78.375, mcg
Thiamin (B-1) : 0.7023001, mg
Riboflavin (B-2) : 0.6473125, mg
Niacin (B-3) : 5.4084506, mg
Pantothenic acid (B-5) : 1.0722499, mg, OUT OF BOUNDS: TOO LOW VS. 1.666666603088379
Vitamin B-6 (Pyridoxal) : 1.1559374, mg
Folate, total : 418.85, mcg, OUT OF BOUNDS: TOO HIGH VS. 333.3333251953125
Vitamin B-12 (Cobalamin) : 0.08, 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 : 35.589996, 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. 3.33333206176758
---Vitamin E (alpha-tocopherol) : 27.003498, mg
Vitamin K (phylloquinone) : 51.249992, mcg
Cholesterol : 0.0, mg
Choline, total : 93.27376, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
Cryptoxanthin, beta : 132.675, mcg
Lutein + zeaxanthin : 379.8625, mcg
Lycopene (prevents UV damage) : 3042.0125, mcg
Tocopherol, beta : 0.02575, mg, OUT OF BOUNDS: TOO LOW VS. 3.33333206176758
Tocopherol, gamma : 0.52175, mg, OUT OF BOUNDS: TOO LOW VS. 3.33333206176758
Tocopherol, delta : 0.033, mg, OUT OF BOUNDS: TOO LOW VS. 3.33333206176758
Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
Folate, food : 418.85, mcg
Folate, DFE mcg_DFEFolate, : 418.85, DFE
Betaine : 1.355, mg
Alanine g (helps enlarged : 2.16925, prostate)
Arginine g (good for mitigating fatty : 3.1609998, liver), OUT OF BOUNDS: TOO HIGH VS.

0.3333333253860474

Aspartic acid : 5.24175, g, OUT OF BOUNDS: TOO HIGH VS. 0.666666507720947

Cystine : 0.49525, g

Glutamic acid : 7.92475, g

Glycine : 1.8464999, g

Histidine : 1.176, g

Isoleucine : 2.04875, g

Leucine : 3.48525, g

Lysine : 2.5245, g

Methionine : 0.57425, g

Phenylalanine : 2.3135002, g

Proline : 2.4079998, g

Hydroxyproline : 0.0, g

Serine : 2.5345004, g

Tryptophan : 0.48725003, g

Threonine : 1.7409999, g

Tyrosine : 1.35025, g

Valine : 2.34775, 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 : 2.8139753, g

4:0 (Butyric acid) : 0.0, g

6:0 (Caproic acid) : 0.0, g

8:0 (Caprylic acid: melts @ 16.3 deg C) : 0.001175, g

10:0 (Capric acid: melts @ 31.3 deg C) : 0.00535, g

12:0 (Lauric acid) : 0.0094625, g

13:0 : 0.0, g

14:0 (Myristic acid) : 0.0297125, g

15:0 (Pentadecanoic acid) : 0.0, g

16:0 (Palmitic acid) : 2.5556, g

17:0 (Margaric acid) : 0.0, g

18:0 (Stearic acid) : 0.8523125, g

20:0 (Arachidic acid) : 0.0, g

24:0 (Lignoceric acid) : 0.0, g

22:0 (Behenic acid) : 0.1, g

Fatty acids, total monounsaturated : 1.7136751, g

14:1 : 0.0, g

15:1 : 0.0, g

16:1 undifferentiated : 0.019487502, g

16:1 (Palmitoleic acid) c : 0.0, g

17:1 : 0.0, g

18:1 undifferentiated : 3.85995, g
18:1 (Oleic acid) c : 0.825, g
20:1 : 0.052762497, g
22:1 undifferentiated : 0.012925001, g
24:1 c (Nervonic acid) : 0.0, g
22:1 c (Erucic acid) : 0.0, g
Fatty acids, total polyunsaturated : 7.1471877, g
18:2 ---undifferentiated (n-6=Linoleic acid) : 4.37925, g
18:2 n-6 c,c (Linoleic acid) : 4.5, g
18:2 i : 0.0, g
18:2 CLAs : 0.0, g
18:3 ---undifferentiated (n-3=a-Linolenic acid) : 2.5487375, g
18:3 n-3 c,c,c (a-Linolenic acid) : 1.8, g
18:3 n-6 c,c,c (Linolenic acid) : 0.2, g
18:3i : 0.0, g
18:4 : 0.1, 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 : 0.0, 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 : 134.6625, mg
---Stigmasterol (a phytosterol) : 60.25, mg
---Campesterol (a phytosterol) : 16.5, mg
Beta-sitosterol : 16.5, mg

Number of nutrients above maximum target limits: 7
Number of nutrients within target limits: 120
Number of nutrients below minimum target limits: 13