

Rice Tomato Beet Lentil (Serves 3)



Ingredients:

600.0 grams Rice, brown, long-grain, cooked
400.0 grams Beets, cooked, boiled, drained
450.0 grams Onions, cooked, boiled, drained, without salt
600.0 grams Tomatoes, red, ripe, cooked
300.0 grams Lentils, mature seeds, cooked, boiled, without salt
1.0 grams Spices, fennel seed
1.0 grams Spices, caraway seed
1.0 grams Spices, dill weed, dried
1.0 grams Spices, mustard seed, ground
40.0 grams Oil, canola

Preparation/Cooking Instructions:

Cook 2 cups rice with 3 cups water in a pot: bring to boil and then let simmer for 30 minutes.

Cook lentils similarly, except simmer for 1 hour.

Chop onions and cook with oil in a wok or pot until slightly translucent.

Add remaining ingredients, mixing for 2 minutes, then remove from heat & serve.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.145698
Sweetness: 0.030955616
Sourness: 0.0737028
Bitterness: 0.05629515
Umami: 0.026313495
Richness: 0.0206665

Glycemic Load & Inflammation Profile:

Inflammation Load: 250.42679
Glycemic Load: 29.405388
Complete Protein (grams) 4.328796

Nutritional Content Per Serving:

Protein : 20.632034, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 16.491867, g
Carbohydrate, by difference : 103.19533, g
Ash : 5.2066, g
Energy : 621.32996, kcal
---Energy : 2595.6035, kj
Starch : 0.0, g
Sugars, total : 25.213097, g, OUT OF BOUNDS: TOO HIGH VS. 16.666667175292968
---Sucrose : 2.3623002, g
---Glucose (dextrose) : 5.6546, g
---Fructose : 4.7800665, g
---Lactose : 0.0, g
---Maltose : 0.0, g
Alcohol, ethyl : 0.0, g
Fiber, total dietary : 18.012001, g

Water : 652.4742, g
Caffeine : 0.0, mg
Theobromine : 0.0, mg
Galactose : 6.666667E-4, g
Calcium, Ca : 128.45001, mg, OUT OF BOUNDS: TOO LOW VS. 333.3333251953125
Iron, Fe : 7.2525334, mg
Magnesium, Mg : 192.04666, mg
Phosphorus, P : 513.25336, mg
Potassium, K : 1570.3031, mg
Sodium, Na : 142.25333, mg, OUT OF BOUNDS: TOO LOW VS. 500.0
Zinc, Zn : 3.6536002, mg
Copper, Cu : 0.81054, mg
Fluoride, F : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
Manganese, Mn : 3.2256033, mg
Selenium, Se : 25.96733, mcg
Vitamin A, IU : 1056.9299, IU
Retinol : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 300.0
Vitamin A, RAE mcg_RAEVitamin A, : 51.733337, RAE, OUT OF BOUNDS: TOO LOW VS. 694.333349609375
Carotene, beta : 621.19, mcg
Carotene, alpha : 0.0, mcg
Thiamin (B-1) : 0.5387133, mg
Riboflavin (B-2) : 0.25908998, mg, OUT OF BOUNDS: TOO LOW VS. 0.36666667461395264
Niacin (B-3) : 5.926153, mg
Pantothenic acid (B-5) : 1.8315333, mg
Vitamin B-6 (Pyridoxal) : 0.9186233, mg
Folate, total : 344.74, 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 : 60.030327, 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) : 3.7265663, mg
Vitamin K (phylloquinone) : 19.041332, mcg, OUT OF BOUNDS: TOO LOW VS. 40.0
Cholesterol : 0.0, mg
Choline, total : 84.018, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
Cryptoxanthin, beta : 0.19333333, mcg
Lutein + zeaxanthin : 196.57666, mcg
Lycopene (prevents UV damage) : 6082.02, mcg
Tocopherol, beta : 0.021333333, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
Tocopherol, gamma : 4.1314, mg
Tocopherol, delta : 0.1547, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
Folate, food : 344.74, mcg
Folate, DFE mcg_DFEFolate, : 344.74, DFE
Betaine : 1.0063334, mg
Alanine g (helps enlarged : 0.8895867, prostate)

Arginine g (good for mitigating fatty : 1.4870499, liver), OUT OF BOUNDS: TOO HIGH VS.
 0.3333333253860474
 Aspartic acid : 2.0715065, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947
 Cystine : 0.27477, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
 Glutamic acid : 4.1996336, g
 Glycine : 0.8158867, g
 Histidine : 0.4861967, g
 Isoleucine : 0.80767995, g
 Leucine : 1.34098, g
 Lysine : 1.09561, g
 Methionine : 0.25664997, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
 Phenylalanine : 0.8924567, g
 Proline : 0.7947567, g
 Hydroxyproline : 0.0, g
 Serine : 0.89135003, g
 Tryptophan : 0.22217666, g
 Threonine : 0.6891533, g
 Tyrosine : 0.5815367, g
 Valine : 0.94070333, g
 Fatty acids, total trans : 0.052666668, g
 ---Fatty acids, total trans-monoenoic : 0.0040, g
 16:1 t (trans-Palmitoleic acid) : 0.0, g
 18:1 t (trans-Oleic acid) : 0.0040, g
 22:1 t (trans-Erucic acid) : 0.0, g
 ---Fatty acids, total trans-polyenoic : 0.04866667, g, OUT OF BOUNDS: TOO HIGH VS.
 0.03333333432674408
 18:2 t not further defined : 0.0, g
 18:2 t,t : 0.04866667, g
 Fatty acids, total saturated : 1.51991, 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) : 3.3333334E-5, g
 12:0 (Lauric acid) : 0.0020333335, g
 13:0 : 0.0, g
 14:0 (Myristic acid) : 0.008633333, g
 15:0 (Pentadecanoic acid) : 0.0, g
 16:0 (Palmitic acid) : 1.0322566, g
 17:0 (Margaric acid) : 0.0, g
 18:0 (Stearic acid) : 0.3294933, g
 20:0 (Arachidic acid) : 0.08758333, g
 24:0 (Lignoceric acid) : 3.5E-4, g
 22:0 (Behenic acid) : 0.044583336, g
 Fatty acids, total monounsaturated : 9.34181, g
 14:1 : 0.0, g
 15:1 : 0.0, g
 16:1 undifferentiated : 0.03804, g

16:1 (Palmitoleic acid) c : 0.0, g
17:1 : 0.0, g
18:1 undifferentiated : 9.1433935, g
18:1 (Oleic acid) c : 8.228534, g
20:1 : 0.19091333, g
22:1 undifferentiated : 0.031183332, g
24:1 c (Nervonic acid) : 0.0021466666, g
22:1 c (Erucic acid) : 0.0, g
Fatty acids, total polyunsaturated : 4.731267, g
18:2 ---undifferentiated (n-6=Linoleic acid) : 3.5911098, g
18:2 n-6 c,c (Linoleic acid) : 2.4853332, g
18:2 i : 0.0, g
18:2 CLAs : 0.0, g
18:3 ---undifferentiated (n-3=a-Linolenic acid) : 1.3130734, g
18:3 n-3 c,c,c (a-Linolenic acid) : 1.2182667, g
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 : 8.3333333E-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 : 45.86667, mg, OUT OF BOUNDS: TOO LOW VS. 50.0
---Stigmasterol (a phytosterol) : 0.4, mg
---Campesterol (a phytosterol) : 32.133335, mg
Beta-sitosterol : 55.066666, mg

Number of nutrients above maximum target limits: 5

Number of nutrients within target limits: 117

Number of nutrients below minimum target limits: 18