

Rutabaga Chard Orange Tahini

(Serves 2)



Ingredients:

1200.0 grams	Rutabagas, cooked, boiled, drained, without salt
700.0 grams	Chard, swiss, cooked, boiled, drained, without salt
60.0 grams	Seeds, sesame butter, tahini, from roasted and toasted kernels
60.0 grams	Orange juice, raw

Preparation/Cooking Instructions:

- Bake rutabaga for ~1 hour @ ~430 deg F
- Boil Chard for ~3 minutes in 1400 grams of water, drain all but 120 grams of water
- Blend tahini and 120 grams of water from boiling chard
- Drizzle blend on chard and rutabaga

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.21044482
Sweetness: 0.041484237
Sourness: 0.1856414
Bitterness: 0.03821669
Umami: 0.010195545
Richness: 0.017611882

Glycemic Load & Inflammation Profile:

Inflammation Load: 1262.6388
Glycemic Load: 22.678226

Nutritional Content Per Serving:

Protein : 19.63, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 17.788, g
Carbohydrate, by difference : 76.372, g
Ash : 11.25, g
Energy : 496.0, kcal, OUT OF BOUNDS: TOO LOW VS. 566.666650390625
---Energy : 2075.0999, kj, OUT OF BOUNDS: TOO LOW VS. 2372.5201171875
Starch : 0.0, g
Sugars, total : 42.636997, g, OUT OF BOUNDS: TOO HIGH VS. 16.666667175292968
---Sucrose : 0.0, g
---Glucose (dextrose) : 0.0, g
---Fructose : 0.0, g
---Lactose : 0.0, g
---Maltose : 0.0, g
Alcohol, ethyl : 0.0, g
Fiber, total dietary : 20.999998, g
Water : 884.9599, g
Caffeine : 0.0, mg
Theobromine : 0.0, mg
Galactose : 0.0, g
Calcium, Ca : 622.1, mg
Iron, Fe : 13.835, mg
Magnesium, Mg : 470.8, mg, OUT OF BOUNDS: TOO HIGH VS. 256.6666748046875
Phosphorus, P : 676.19995, mg
Potassium, K : 4061.7, mg
Sodium, Na : 781.3, mg, OUT OF BOUNDS: TOO HIGH VS. 766.666650390625
Zinc, Zn : 4.656, mg
Copper, Cu : 1.3127, mg
Fluoride, F : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125

Manganese, Mn : 2.6539998, mg
 Selenium, Se : 17.7, mcg
 Vitamin A, IU : 21526.1, 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, : 1074.9, RAE
 Carotene, beta : 12809.9, mcg, OUT OF BOUNDS: TOO HIGH VS. 1000.0
 Carotene, alpha : 159.3, mcg
 Thiamin (B-1) : 1.004, mg
 Riboflavin (B-2) : 0.6979, mg
 Niacin (B-3) : 7.3050003, mg
 Pantothenic acid (B-5) : 1.7654, mg
 Vitamin B-6 (Pyridoxal) : 0.96620005, mg
 Folate, total : 159.9, 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 : 190.79999, 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) : 8.622, mg
 Vitamin K (phylloquinone) : 1147.38, mcg
 Cholesterol : 0.0, mg
 Choline, total : 201.25, mg
 Cryptoxanthin, beta : 50.7, mcg
 Lutein + zeaxanthin : 38587.0, mcg, OUT OF BOUNDS: TOO HIGH VS. 20000.0
 Lycopene (prevents UV damage) : 0.0, mcg
 Tocopherol, beta : 0.0, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, gamma : 0.0, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, delta : 0.0, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
 Folate, food : 159.9, mcg
 Folate, DFE mcg_DFE Folate, : 159.9, DFE
 Betaine : 0.35, mg
 Alanine g (helps enlarged : 0.4812, prostate)
 Arginine g (good for mitigating fatty : 2.1514, liver), OUT OF BOUNDS: TOO HIGH VS.
 0.3333333253860474
 Aspartic acid : 1.0599, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947
 Cystine : 0.17639999, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
 Glutamic acid : 2.0595002, g, OUT OF BOUNDS: TOO LOW VS. 2.566666603088379
 Glycine : 0.5322, g
 Histidine : 0.4759, g
 Isoleucine : 1.0787001, g
 Leucine : 1.1130002, g
 Lysine : 0.7787, g
 Methionine : 0.2992, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
 Phenylalanine : 0.876, g
 Proline : 0.24600002, g
 Hydroxyproline : 0.0, g

Serine : 0.504, g
 Tryptophan : 0.2592, g
 Threonine : 0.8152, g
 Tyrosine : 0.3648, g
 Valine : 0.9933, 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 : 2.4819002, 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) : 0.0, g
 13:0 : 0.0, g
 14:0 (Myristic acid) : 0.040500004, g
 15:0 (Pentadecanoic acid) : 0.0, g
 16:0 (Palmitic acid) : 1.6464, g
 17:0 (Margaric acid) : 0.0, g
 18:0 (Stearic acid) : 0.69690007, g
 20:0 (Arachidic acid) : 0.0, g
 24:0 (Lignoceric acid) : 0.0, g
 22:0 (Behenic acid) : 0.0, g
 Fatty acids, total monounsaturated : 6.3194003, g
 14:1 : 0.0, g
 15:1 : 0.0, g
 16:1 undifferentiated : 0.0498, g
 16:1 (Palmitoleic acid) c : 0.0, g
 17:1 : 0.0, g
 18:1 undifferentiated : 6.2411003, g
 18:1 (Oleic acid) c : 0.0, g
 20:1 : 0.0225, g
 22:1 undifferentiated : 0.0, g
 24:1 c (Nervonic acid) : 0.0, g
 22:1 c (Erucic acid) : 0.0, g
 Fatty acids, total polyunsaturated : 7.7492, g
 18:2 ---undifferentiated (n-6=Linoleic acid) : 7.2640996, 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) : 0.47790003, 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 : 0.0, 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 : 0.0, 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: 8
Number of nutrients within target limits: 113
Number of nutrients below minimum target limits: 19