

Vegan Scrambled Eggs (100 grams egg ~equivalent)



Ingredients:

45.0 grams Tofu
10.0 grams Nutritional yeast
1.0 grams Salt, table
4.0 grams Squash, winter, butternut, cooked, baked, without salt
2.0 grams Spices, turmeric, ground
15.0 grams Quinoa, cooked

Preparation/Cooking Instructions:

Mix ingredients & lightly fry as if scrambled eggs.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.32981536
Sweetness: 0.01584336
Sourness: 0.013003842
Bitterness: 0.18778634
Umami: 0.087193504
Richness: 0.12054806

Glycemic Load & Inflammation Profile (Per Serving):

Inflammation Load: 94.73162
Glycemic Load: (low)
Complete Protein (grams) 1.6850225

Nutritional Content Per Serving (limits relative to 100 grams of scrambled eggs):

Protein : 7.9280996, g, OUT OF BOUNDS: TOO LOW VS. 8.31750030517578
---Adjusted Protein : 0.0, g
Total lipid (fat) : 9.282201, g
Carbohydrate, by difference : 6.4386997, g, OUT OF BOUNDS: TOO HIGH VS. 2.75
Ash : 1.8762, g, OUT OF BOUNDS: TOO HIGH VS. 1.7
Energy : 130.62999, kcal
---Energy : 547.13, kj
Starch : 0.0, g
Sugars, total : 1.367, g
---Sucrose : 0.0476, g, OUT OF BOUNDS: TOO LOW VS. 0.059999996423721315
---Glucose (dextrose) : 0.0075999997, g, OUT OF BOUNDS: TOO LOW VS. 0.11999999284744263
---Fructose : 0.0090, g, OUT OF BOUNDS: TOO LOW VS. 0.059999996423721315
---Lactose : 0.0, g, OUT OF BOUNDS: TOO LOW VS. 0.8925000190734863
---Maltose : 0.0, g, OUT OF BOUNDS: TOO LOW VS. 0.059999996423721315
Alcohol, ethyl : 0.0, g
Fiber, total dietary : 2.177, g, OUT OF BOUNDS: TOO HIGH VS. 0.0
Water : 26.4752, g, OUT OF BOUNDS: TOO LOW VS. 54.8625
Caffeine : 0.0, mg
Theobromine : 0.0, mg
Galactose : 0.0, g, OUT OF BOUNDS: TOO LOW VS. 0.059999996423721315
Calcium, Ca : 172.94, mg, OUT OF BOUNDS: TOO HIGH VS. 88.75
Iron, Fe : 3.0471997, mg, OUT OF BOUNDS: TOO HIGH VS. 1.5
Magnesium, Mg : 32.03, mg, OUT OF BOUNDS: TOO HIGH VS. 15.0

Phosphorus, P : 135.59, mg
 Potassium, K : 127.64, mg
 Sodium, Na : 395.7, mg, OUT OF BOUNDS: TOO HIGH VS. 350.0
 Zinc, Zn : 0.98870003, mg
 Copper, Cu : 0.19406, mg, OUT OF BOUNDS: TOO HIGH VS. 0.017499999701976778
 Fluoride, F : 0.02, mcg, OUT OF BOUNDS: TOO LOW VS. 3.6
 Manganese, Mn : 0.83729, mg, OUT OF BOUNDS: TOO HIGH VS. 0.02750000059604645
 Selenium, Se : 12.936001, mcg, OUT OF BOUNDS: TOO LOW VS. 16.875
 Vitamin A, IU : 458.34998, IU
 Retinol : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 107.25
 Vitamin A, RAE mcg_RAE Vitamin A, : 22.77, RAE, OUT OF BOUNDS: TOO LOW VS. 109.5
 Carotene, beta : 190.0, mcg, OUT OF BOUNDS: TOO HIGH VS. 41.25
 Carotene, alpha : 45.2, mcg, OUT OF BOUNDS: TOO HIGH VS. 0.0
 Thiamin (B-1) : 0.08242, mg, OUT OF BOUNDS: TOO HIGH VS. 0.06499999761581421
 Riboflavin (B-2) : 0.027839998, mg, OUT OF BOUNDS: TOO LOW VS. 0.3277499914169312
 Niacin (B-3) : 0.18655999, mg, OUT OF BOUNDS: TOO HIGH VS. 0.0987500011920929
 Pantothenic acid (B-5) : 0.077360004, mg, OUT OF BOUNDS: TOO LOW VS. 0.7552499771118164
 Vitamin B-6 (Pyridoxal) : 0.08551, mg, OUT OF BOUNDS: TOO LOW VS. 0.08850000500679016
 Folate, total : 13.69, mcg, OUT OF BOUNDS: TOO LOW VS. 22.5
 Vitamin B-12 (Cobalamin) : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 0.5774999618530273
 ---Vitamin B-12 : 0.0, mcg
 Vitamin C, total ascorbic acid : 1.122, mg, OUT OF BOUNDS: TOO HIGH VS. 0.25
 Vitamin D : 0.0, IU, OUT OF BOUNDS: TOO LOW VS. 36.0
 Vitamin E : 0.0, mg
 ---Vitamin E (alpha-tocopherol) : 0.13159999, mg, OUT OF BOUNDS: TOO LOW VS.
 0.8175000190734864
 Vitamin K (phylloquinone) : 3.8179998, mcg
 Cholesterol : 0.0, mg, OUT OF BOUNDS: TOO LOW VS. 264.0
 Choline, total : 48.819, mg, OUT OF BOUNDS: TOO LOW VS. 142.125
 Cryptoxanthin, beta : 124.64, mcg, OUT OF BOUNDS: TOO HIGH VS. 8.75
 Lutein + zeaxanthin : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 183.75
 Lycopene (prevents UV damage) : 0.0, mcg
 Tocopherol, beta : 0.0023999999, mg, OUT OF BOUNDS: TOO LOW VS. 0.02249999940395355
 Tocopherol, gamma : 0.0094, mg, OUT OF BOUNDS: TOO LOW VS. 1.5899999618530274
 Tocopherol, delta : 0.0, mg, OUT OF BOUNDS: TOO LOW VS. 0.47250003814697267
 Folic acid : 0.0, mcg
 Folate, food : 13.69, mcg, OUT OF BOUNDS: TOO LOW VS. 22.5
 Folate, DFE mcg_DFE Folate, : 13.69, DFE, OUT OF BOUNDS: TOO LOW VS. 22.5
 Betaine : 0.19399999, mg, OUT OF BOUNDS: TOO LOW VS. 0.45
 Alanine g (helps enlarged : 0.31832, prostate), OUT OF BOUNDS: TOO LOW VS.
 0.4485000133514404
 Arginine g (good for mitigating fatty : 0.51635, liver)
 Aspartic acid : 0.85843, g
 Cystine : 0.107420005, g, OUT OF BOUNDS: TOO LOW VS. 0.18375000953674317
 Glutamic acid : 1.3427799, g
 Glycine : 0.30327, g
 Histidine : 0.22523, g

Isoleucine : 0.3848, g, OUT OF BOUNDS: TOO LOW VS. 0.4559999942779541
 Leucine : 0.58974004, g, OUT OF BOUNDS: TOO LOW VS. 0.7154999732971191
 Lysine : 0.51027, g, OUT OF BOUNDS: TOO LOW VS. 0.6
 Methionine : 0.09944, g, OUT OF BOUNDS: TOO LOW VS. 0.25500001907348635
 Phenylalanine : 0.37805, g, OUT OF BOUNDS: TOO LOW VS. 0.4372499942779541
 Proline : 0.41843, g
 Hydroxyproline : 0.0, g
 Serine : 0.36545, g, OUT OF BOUNDS: TOO LOW VS. 0.6044999599456787
 Tryptophan : 0.12112, g
 Threonine : 0.31653, g, OUT OF BOUNDS: TOO LOW VS. 0.39599997997283937
 Tyrosine : 0.25994998, g, OUT OF BOUNDS: TOO LOW VS. 0.34274997711181643
 Valine : 0.39170998, g, OUT OF BOUNDS: TOO LOW VS. 0.5085000038146973
 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 : 1.3762599, g, OUT OF BOUNDS: TOO LOW VS. 2.7592500686645507
 4:0 (Butyric acid) : 0.0, g, OUT OF BOUNDS: TOO LOW VS. 0.019499999284744263
 6:0 (Caproic acid) : 0.0, g, OUT OF BOUNDS: TOO LOW VS. 0.012000000476837159
 8:0 (Caprylic acid: melts @ 16.3 deg C) : 0.0020, g, OUT OF BOUNDS: TOO LOW VS.
 0.00900000035762787
 10:0 (Capric acid: melts @ 31.3 deg C) : 0.00598, g, OUT OF BOUNDS: TOO LOW VS.
 0.01800000071525574
 12:0 (Lauric acid) : 0.01096, g, OUT OF BOUNDS: TOO LOW VS. 0.020250001549720766
 13:0 : 0.0, g
 14:0 (Myristic acid) : 0.03018, g, OUT OF BOUNDS: TOO LOW VS. 0.09150000214576721
 15:0 (Pentadecanoic acid) : 0.0, g
 16:0 (Palmitic acid) : 0.99794996, g, OUT OF BOUNDS: TOO LOW VS. 1.8255001068115235
 17:0 (Margaric acid) : 0.0, g
 18:0 (Stearic acid) : 0.32872, g, OUT OF BOUNDS: TOO LOW VS. 0.7357500076293946
 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 : 0.03348, g, OUT OF BOUNDS: TOO LOW VS.
 3.576000213623047
 14:1 : 0.0, g
 15:1 : 0.0, g
 16:1 undifferentiated : 0.0252, g, OUT OF BOUNDS: TOO LOW VS. 0.19725000858306885
 16:1 (Palmitoleic acid) c : 0.0, g
 17:1 : 0.0, g
 18:1 undifferentiated : 2.01348, g, OUT OF BOUNDS: TOO LOW VS. 3.354750061035156
 18:1 (Oleic acid) c : 0.0, g
 20:1 : 0.0, g, OUT OF BOUNDS: TOO LOW VS. 0.017249999940395354

22:1 undifferentiated : 0.0, g, OUT OF BOUNDS: TOO LOW VS. 0.0015000000596046448
 24:1 c (Nervonic acid) : 0.0, g
 22:1 c (Erucic acid) : 0.0, g
 Fatty acids, total polyunsaturated : 0.04512, g, OUT OF BOUNDS: TOO LOW VS.
 1.6110000610351562
 18:2 ---undifferentiated (n-6=Linoleic acid) : 4.5542397, g, OUT OF BOUNDS: TOO HIGH VS.
 2.3950000762939454
 18:2 n-6 c,c (Linoleic acid) : 0.0, g
 18:2 i : 0.0, g
 18:2 CLAs : 0.0, g
 18:3 ---undifferentiated (n-3=a-Linolenic acid) : 0.6162999, g, OUT OF BOUNDS: TOO HIGH VS.
 0.10375000238418579
 18:3 n-3 c,c,c (a-Linolenic acid) : 0.0, 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 : 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, OUT OF BOUNDS: TOO LOW VS. 0.08700000047683716
 20:4 n-6 (Arachidonic acid) : 0.0, g
 20:5 n-3 (EPA: Eicosapentanoic acid) : 0.0, g, OUT OF BOUNDS: TOO LOW VS.
 0.0022500000894069673
 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, OUT OF BOUNDS: TOO LOW VS.
 0.02249999940395355
 Phytosterols : 1.64, mg, OUT OF BOUNDS: TOO HIGH VS. 0.0
 ---Stigmasterol (a phytosterol) : 0.0, mg, OUT OF BOUNDS: TOO LOW VS. 0.75
 ---Campesterol (a phytosterol) : 0.0, mg, OUT OF BOUNDS: TOO LOW VS. 2.25
 Beta-sitosterol : 0.0, mg, OUT OF BOUNDS: TOO LOW VS. 8.25

Number of nutrients above maximum target limits: 18
 Number of nutrients within target limits: 62
 Number of nutrients below minimum target limits: 60