

# Spinach Hemp Buckwheat Sweet Potato Curry

(3 Servings)



## Ingredients:

1500.0 grams Spinach, cooked, boiled, drained, without salt  
150.0 grams Hemp seed  
150.0 grams Sweet potato, cooked, baked in skin, without salt  
150.0 grams Tomatoes, red, ripe, cooked  
150.0 grams Buckwheat groats, roasted, dry  
110.0 grams Garlic, raw  
15.0 grams Spices, cumin seed  
15.0 grams Spices, coriander seed  
15.0 grams Spices, turmeric, ground  
15.0 grams Spices, pepper, red or cayenne  
3.0 grams Salt, table

### Preparation/Cooking Instructions:

Cook sweet potato, either bake or thinly slice and lightly fry.  
Mix ingredients other than spinach with a enough water to blend in a blender or food processor  
Cook all ingredients in a large pan, pot or wok until spinach is compliant (loses shape) and tender.

### Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.2040896  
Sweetness: 0.012016475  
Sourness: 0.10816856  
Bitterness: 0.106940076  
Umami: 0.03673229  
Richness: 0.028888913

### Glycemic Load & Inflammation Profile:

Inflammation Load: 2896.4314  
Glycemic Load: 35.932693  
Complete Protein (g) 9.923109

### Nutritional Content Per Serving:

Protein : 37.760662, g  
---Adjusted Protein : 0.0, g  
Total lipid (fat) : 21.888166, g  
Carbohydrate, by difference : 98.18683, g  
Ash : 15.236001, g  
Energy : 734.05005, kcal  
---Energy : 2851.6667, kj  
Starch : 6.0250006, g  
Sugars, total : 8.765001, g  
---Sucrose : 1.7996666, g  
---Glucose (dextrose) : 1.0313333, g  
---Fructose : 1.1374999, g  
---Lactose : 0.0, g  
---Maltose : 1.56, g  
Alcohol, ethyl : 0.0, g  
Fiber, total dietary : 22.598333, g  
Water : 570.20044, g  
Caffeine : 0.0, mg  
Theobromine : 0.0, mg  
Galactose : 0.13, g  
Calcium, Ca : 867.2967, mg, OUT OF BOUNDS: TOO HIGH VS. 833.33330078125

Iron, Fe : 27.592766, mg, OUT OF BOUNDS: TOO HIGH VS. 15.0  
Magnesium, Mg : 831.52, mg, OUT OF BOUNDS: TOO HIGH VS. 256.6666748046875  
Phosphorus, P : 1141.0833, mg  
Potassium, K : 3539.6267, mg  
Sodium, Na : 524.19336, mg  
Zinc, Zn : 9.437833, mg  
Copper, Cu : 2.4567, mg  
Fluoride, F : 189.00667, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125  
Manganese, Mn : 10.1495, mg, OUT OF BOUNDS: TOO HIGH VS. 3.666666793823242  
Selenium, Se : 18.002, mcg  
Vitamin A, IU : 62978.47, 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\_RAEVitamin A, : 3148.25, RAE  
Carotene, beta : 37719.53, mcg, OUT OF BOUNDS: TOO HIGH VS. 1000.0  
Carotene, alpha : 21.5, mcg  
Thiamin (B-1) : 0.9542833, mg  
Riboflavin (B-2) : 1.4993167, mg  
Niacin (B-3) : 7.876167, mg  
Pantothenic acid (B-5) : 2.0665333, mg  
Vitamin B-6 (Pyridoxal) : 2.2499166, mg  
Folate, total : 764.18335, 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 : 84.323326, mg  
Vitamin D : 0 IU, OUT OF BOUNDS: TOO LOW VS. 66.7  
Vitamin E : 0.0, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758  
---Vitamin E (alpha-tocopherol) : 56.668667, mg  
Vitamin K (phylloquinone) : 2472.825, mcg  
Cholesterol : 0.0, mg  
Choline, total : 146.19669, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374  
Cryptoxanthin, beta : 104.200005, mcg  
Lutein + zeaxanthin : 56819.617, mcg, OUT OF BOUNDS: TOO HIGH VS. 20000.0  
Lycopene (prevents UV damage) : 1520.5, mcg  
Tocopherol, beta : 0.0070, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758  
Tocopherol, gamma : 0.11783333, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758  
Tocopherol, delta : 0.0050, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758  
Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0  
Folate, food : 764.18335, mcg, OUT OF BOUNDS: TOO HIGH VS. 533.333349609375  
Folate, DFE mcg\_DFEFolate, : 764.18335, DFE, OUT OF BOUNDS: TOO HIGH VS.  
533.333349609375  
Betaine : 463.76163, mg, OUT OF BOUNDS: TOO HIGH VS. 333.3333251953125  
Alanine g (helps enlarged : 1.8189, prostate)  
Arginine g (good for mitigating fatty : 3.1049666, liver), OUT OF BOUNDS: TOO HIGH VS.  
0.3333333253860474  
Aspartic acid : 3.6388, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947  
Cystine : 0.5258333, g  
Glutamic acid : 5.5661664, g

Glycine : 1.8528334, g  
Histidine : 0.8904334, g  
Isoleucine : 1.5980667, g  
Leucine : 2.5744336, g  
Lysine : 1.8841001, g  
Methionine : 0.69236666, g  
Phenylalanine : 1.6236001, g  
Proline : 1.4596665, g  
Hydroxyproline : 0.0, g  
Serine : 1.6131667, g  
Tryptophan : 0.4332, g  
Threonine : 1.4235667, g  
Tyrosine : 1.1622, g  
Valine : 1.9552, 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 : 0.71605, g  
4:0 (Butyric acid) : 0.0, g  
6:0 (Caproic acid) : 0.0, g  
8:0 (Caprylic acid: melts @ 16.3 deg C) : 0.015666667, g  
10:0 (Capric acid: melts @ 31.3 deg C) : 0.013516667, g  
12:0 (Lauric acid) : 0.013933334, g  
13:0 : 0.0, g  
14:0 (Myristic acid) : 0.04628333, g  
15:0 (Pentadecanoic acid) : 0.0, g  
16:0 (Palmitic acid) : 1.5984, g  
17:0 (Margaric acid) : 0.0, g  
18:0 (Stearic acid) : 0.45610002, 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 : 2.6403666, g  
14:1 : 0.0, g  
15:1 : 0.0, g  
16:1 undifferentiated : 0.0337, g  
16:1 (Palmitoleic acid) c : 0.0, g  
17:1 : 0.0, g  
18:1 undifferentiated : 0.94266665, g  
18:1 (Oleic acid) c : 1.65, g  
20:1 : 0.0035333333, g  
22:1 undifferentiated : 0.0045, g

24:1 c (Nervonic acid) : 0.0, g  
22:1 c (Erucic acid) : 0.0, g  
Fatty acids, total polyunsaturated : 14.363949, g  
18:2 ---undifferentiated (n-6=Linoleic acid) : 0.8405833, g, OUT OF BOUNDS: TOO LOW VS.  
2.3933332443237303  
18:2 n-6 c,c (Linoleic acid) : 9.0, g  
18:2 i : 0.0, g  
18:2 CLAs : 0.0, g  
18:3 ---undifferentiated (n-3=a-Linolenic acid) : 4.5233, g  
18:3 n-3 c,c,c (a-Linolenic acid) : 3.5999997, g  
18:3 n-6 c,c,c (Linolenic acid) : 0.4, g  
18:3i : 0.0, g  
18:4 : 0.2, 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 : 228.15, mg  
---Stigmasterol (a phytosterol) : 120.5, mg  
---Campesterol (a phytosterol) : 33.0, mg  
Beta-sitosterol : 33.0, mg

Number of nutrients above maximum target limits: 14  
Number of nutrients within target limits: 115  
Number of nutrients below minimum target limits: 11