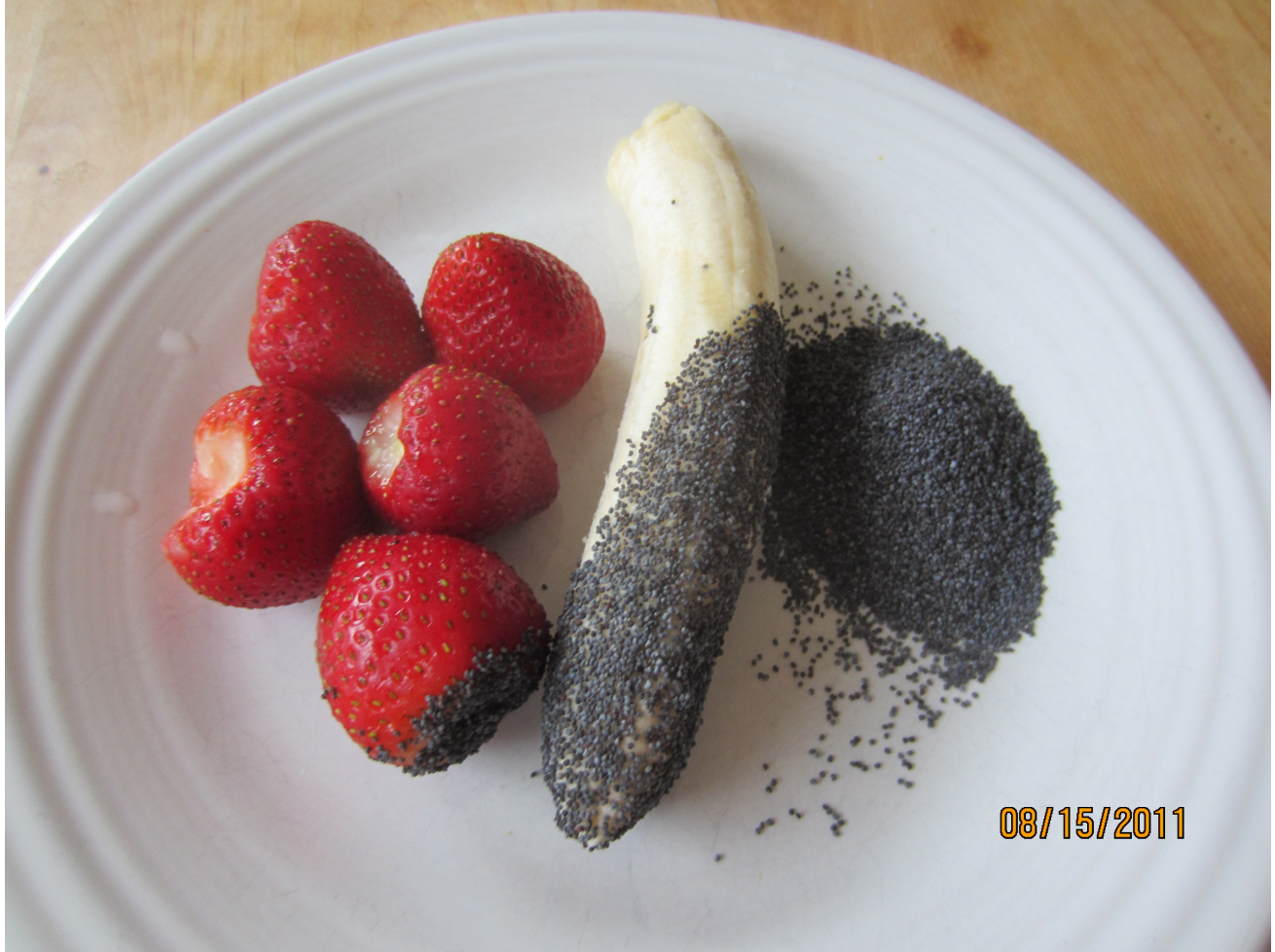


# Strawberry Banana Poppy Seed (Serves 1)



## Ingredients:

200.0 grams Bananas, raw  
250.0 grams Strawberries, raw  
60.0 grams Spices, poppy seed

## Preparation/Cooking Instructions:

Dip fruit in poppy seeds.

### Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.09916249  
Sweetness: 0.07376767  
Sourness: 0.30763724  
Bitterness: 0.063873485  
Umami: 0.030670589  
Richness: 0.051658828

### Glycemic Load & Inflammation Profile:

Inflammation Load: 181.27277  
Glycemic Load: 59.06067  
Complete Protein (grams) 4.2448845

### Nutritional Content Per Serving:

Protein : 14.649, g, OUT OF BOUNDS: TOO LOW VS. 18.666667175292968  
---Adjusted Protein : 0.0, g  
Total lipid (fat) : 26.346003, g  
Carbohydrate, by difference : 81.757996, g  
Ash : 6.462, g  
Energy : 573.0, kcal  
---Energy : 2399.6, kj  
Starch : 10.860001, g  
Sugars, total : 38.478996, g, OUT OF BOUNDS: TOO HIGH VS. 16.666667175292968  
---Sucrose : 7.3529997, g  
---Glucose (dextrose) : 15.157, g  
---Fructose : 15.974, g  
---Lactose : 0.0, g  
---Maltose : 0.02, g  
Alcohol, ethyl : 0.0, g  
Fiber, total dietary : 21.900002, g  
Water : 380.765, g  
Caffeine : 0.0, mg  
Theobromine : 0.0, mg  
Galactose : 0.0, g  
Calcium, Ca : 912.80005, mg, (274% of RDI)  
Iron, Fe : 7.4010005, mg  
Magnesium, Mg : 294.7, mg, OUT OF BOUNDS: TOO HIGH VS. 256.6666748046875  
Phosphorus, P : 626.0, mg  
Potassium, K : 1529.9, mg, OUT OF BOUNDS: TOO LOW VS. 1566.66669921875  
Sodium, Na : 20.1, mg, OUT OF BOUNDS: TOO LOW VS. 500.0  
Zinc, Zn : 5.3900003, mg

Copper, Cu : 1.2522001, mg  
Fluoride, F : 15.4, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125  
Manganese, Mn : 5.5292, mg, OUT OF BOUNDS: TOO HIGH VS. 3.666666793823242  
Selenium, Se : 11.1, mcg, OUT OF BOUNDS: TOO LOW VS. 15.0  
Vitamin A, IU : 158.0, IU, OUT OF BOUNDS: TOO LOW VS. 694.333349609375  
Retinol : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 300.0  
Vitamin A, RAE mcg\_RAEVitamin A, : 8.5, RAE, OUT OF BOUNDS: TOO LOW VS.  
694.333349609375  
Carotene, beta : 69.5, mcg  
Carotene, alpha : 50.0, mcg  
Thiamin (B-1) : 0.6344, mg  
Riboflavin (B-2) : 0.261, mg, OUT OF BOUNDS: TOO LOW VS. 0.36666667461395264  
Niacin (B-3) : 2.8326, mg, OUT OF BOUNDS: TOO LOW VS. 4.0  
Pantothenic acid (B-5) : 1.1749, mg, OUT OF BOUNDS: TOO LOW VS. 1.666666603088379  
Vitamin B-6 (Pyridoxal) : 0.99970007, mg  
Folate, total : 149.2, 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 : 165.0, 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) : 1.987, mg, OUT OF BOUNDS: TOO LOW VS.  
3.33333206176758  
Vitamin K (phylloquinone) : 6.5, mcg, OUT OF BOUNDS: TOO LOW VS. 40.0  
Cholesterol : 0.0, mg  
Choline, total : 39.129997, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374  
Cryptoxanthin, beta : 0.0, mcg  
Lutein + zeaxanthin : 109.0, mcg  
Lycopene (prevents UV damage) : 0.0, mcg  
Tocopherol, beta : 5.0050006, mg  
Tocopherol, gamma : 5.5319996, mg  
Tocopherol, delta : 0.18300001, mg, OUT OF BOUNDS: TOO LOW VS. 3.33333206176758  
Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0  
Folate, food : 149.2, mcg  
Folate, DFE mcg\_DFEFolate, : 149.2, DFE  
Betaine : 1.24, mg  
Alanine g (helps enlarged : 0.6659, prostate)  
Arginine g (good for mitigating fatty : 1.335, liver), OUT OF BOUNDS: TOO HIGH VS.  
0.333333253860474  
Aspartic acid : 2.0395, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947  
Cystine : 0.2112, g, OUT OF BOUNDS: TOO LOW VS. 0.333333253860474  
Glutamic acid : 3.1284, g  
Glycine : 0.71220005, g  
Histidine : 0.4666, g  
Isoleucine : 0.5874, g  
Leucine : 1.0136001, g  
Lysine : 0.7362, g

Methionine : 0.3222, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474  
Phenylalanine : 0.6003001, g  
Proline : 1.7584, g  
Hydroxyproline : 0.0, g  
Serine : 0.7137, g  
Tryptophan : 0.14840001, g  
Threonine : 0.5176, g  
Tyrosine : 0.50920004, g  
Valine : 0.79850006, 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 : 2.9717002, g  
4:0 (Butyric acid) : 0.0, g  
6:0 (Caproic acid) : 0.022200001, g  
8:0 (Caprylic acid: melts @ 16.3 deg C) : 0.0, g  
10:0 (Capric acid: melts @ 31.3 deg C) : 0.0020, g  
12:0 (Lauric acid) : 0.0040, g  
13:0 : 0.0, g  
14:0 (Myristic acid) : 0.0502, g  
15:0 (Pentadecanoic acid) : 0.0, g  
16:0 (Palmitic acid) : 2.3826, g  
17:0 (Margaric acid) : 0.0, g  
18:0 (Stearic acid) : 0.48670003, g  
20:0 (Arachidic acid) : 0.023400001, g  
24:0 (Lignoceric acid) : 0.0, g  
22:0 (Behenic acid) : 0.0, g  
Fatty acids, total monounsaturated : 3.7607, g  
14:1 : 0.0, g  
15:1 : 0.0, g  
16:1 undifferentiated : 0.045900002, g  
16:1 (Palmitoleic acid) c : 0.0, g  
17:1 : 0.0, g  
18:1 undifferentiated : 3.6674, g  
18:1 (Oleic acid) c : 3.5184, g  
20:1 : 0.046800002, 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 : 17.674902, g  
18:2 ---undifferentiated (n-6=Linoleic acid) : 17.294, 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) : 0.3803, g, OUT OF BOUNDS: TOO LOW VS. 0.6  
18:3 n-3 c,c,c (a-Linolenic acid) : 0.1638, 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 : 115.4, mg  
---Stigmasterol (a phytosterol) : 0.0, mg  
---Campesterol (a phytosterol) : 0.0, mg  
Beta-sitosterol : 0.0, mg

Number of nutrients above maximum target limits: 6  
Number of nutrients within target limits: 109  
Number of nutrients below minimum target limits: 25