

Teff Spinach Avocado Walnut

(1 Serving)



Ingredients:

400.0 grams Teff, cooked
100.0 grams Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt
100.0 grams Avocados, raw, all commercial varieties
12.0 grams Nuts, walnuts, english
1.0 grams Salt, table

Preparation/Cooking Instructions:

Boil $\frac{1}{4}$ cup teff & salt in 2 cups of water briefly, then simmer for 15-20 minutes until water is absorbed.

Blend remaining ingredients in food processor or by other means.

Eat teff and blend separately or mixed.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.2144557
Sweetness: 0.002339632
Sourness: 0.01933782
Bitterness: 0.0930781
Umami: 0.041116804
Richness: 0.04234127

Glycemic Load & Inflammation Profile:

Inflammation Load: 869.0566
Glycemic Load: 18.685436
Complete Protein (g): 7.214505

Nutritional Content Per Serving:

Protein : 23.3176, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 25.955198, g
Carbohydrate, by difference : 94.41521, g
Ash : 6.9416003, g
Energy : 676.48, kcal
---Energy : 2829.56, kj
Starch : 0.1172, g
Sugars, total : 1.4832001, g
---Sucrose : 0.56159997, g
---Glucose (dextrose) : 0.5796, g
---Fructose : 0.22080001, g
---Lactose : 0.0, g
---Maltose : 0.0, g
Alcohol, ethyl : 0.0, g
Fiber, total dietary : 20.004002, g
Water : 462.38043, g
Caffeine : 0.0, mg
Theobromine : 0.0, mg
Galactose : 0.1, g
Calcium, Ca : 373.0, mg
Iron, Fe : 11.0625, mg
Magnesium, Mg : 329.97, mg, OUT OF BOUNDS: TOO HIGH VS. 256.6666748046875
Phosphorus, P : 623.52, mg
Potassium, K : 1268.0, mg, OUT OF BOUNDS: TOO LOW VS. 1566.66669921875
Sodium, Na : 523.82, mg
Zinc, Zn : 5.9418, mg

Copper, Cu : 1.44562, mg
 Fluoride, F : 7.02, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
 Manganese, Mn : 12.709681, mg, OUT OF BOUNDS: TOO HIGH VS. 3.666666793823242
 Selenium, Se : 6.489, mcg, OUT OF BOUNDS: TOO LOW VS. 15.0
 Vitamin A, IU : 12217.4, 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, : 610.12, RAE, OUT OF BOUNDS: TOO LOW VS.
 694.333349609375
 Carotene, beta : 7300.44, mcg, OUT OF BOUNDS: TOO HIGH VS. 1000.0
 Carotene, alpha : 24.0, mcg
 Thiamin (B-1) : 0.91792, mg
 Riboflavin (B-2) : 0.456, mg
 Niacin (B-3) : 5.948, mg
 Pantothenic acid (B-5) : 1.5324001, mg, OUT OF BOUNDS: TOO LOW VS. 1.666666603088379
 Vitamin B-6 (Pyridoxal) : 0.84544003, mg
 Folate, total : 285.76, 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 : 12.356, mg, OUT OF BOUNDS: TOO LOW VS. 25.0
 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) : 5.694, mg
 Vitamin K (phylloquinone) : 562.024, mcg
 Cholesterol : 0.0, mg
 Choline, total : 43.704, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
 Cryptoxanthin, beta : 28.0, mcg
 Lutein + zeaxanthin : 15962.08, mcg
 Lycopene (prevents UV damage) : 0.0, mcg
 Tocopherol, beta : 0.078, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, gamma : 2.9996, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, delta : 0.24679999, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
 Folate, food : 285.76, mcg
 Folate, DFE mcg_DFE Folate, : 285.76, DFE
 Betaine : 112.736, mg
 Alanine g (helps enlarged : 1.28652, prostate)
 Arginine g (good for mitigating fatty : 1.45436, liver), OUT OF BOUNDS: TOO HIGH VS.
 0.3333333253860474
 Aspartic acid : 1.84748, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947
 Cystine : 0.35696003, g
 Glutamic acid : 5.0409203, g
 Glycine : 0.98292, g
 Histidine : 0.49692, g
 Isoleucine : 0.871, g
 Leucine : 1.7324, g
 Lysine : 0.87488, g
 Methionine : 0.61932, g

Phenylalanine : 1.34032, g
 Proline : 1.1557201, g
 Hydroxyproline : 0.0, g
 Serine : 1.1230799, g
 Tryptophan : 0.3104, g
 Threonine : 0.96052, g
 Tyrosine : 0.84872, g
 Valine : 1.1783601, 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 : 3.01812, g
 4:0 (Butyric acid) : 0.0, g
 6:0 (Caproic acid) : 0.0, g
 8:0 (Caprylic acid: melts @ 16.3 deg C) : 0.0010, 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) : 0.0, g
 15:0 (Pentadecanoic acid) : 0.0, g
 16:0 (Palmitic acid) : 2.7604802, g
 17:0 (Margaric acid) : 0.0, g
 18:0 (Stearic acid) : 0.24808, g
 20:0 (Arachidic acid) : 0.00756, g
 24:0 (Lignoceric acid) : 0.0, g
 22:0 (Behenic acid) : 0.0, g
 Fatty acids, total monounsaturated : 10.87096, g
 14:1 : 0.0, g
 15:1 : 0.0, g
 16:1 undifferentiated : 0.698, g
 16:1 (Palmitoleic acid) c : 0.0, g
 17:1 : 0.01, g
 18:1 undifferentiated : 10.12188, g
 18:1 (Oleic acid) c : 0.0, g
 20:1 : 0.041079998, 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 : 7.8478794, g
 18:2 ---undifferentiated (n-6=Linoleic acid) : 6.24516, 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) : 1.5855999, g
18:3 n-3 c,c,c (a-Linolenic acid) : 0.111, g, OUT OF BOUNDS: TOO LOW VS. 0.6
18:3 n-6 c,c,c (Linolenic acid) : 0.015, g
18:3i : 0.0, g
18:4 : 0.0, g
20:2 n-6 c,c : 0.0, g
20:3 undifferentiated : 0.016, 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 : 8.639999, mg, OUT OF BOUNDS: TOO LOW VS. 50.0
---Stigmasterol (a phytosterol) : 2.12, mg
---Campesterol (a phytosterol) : 5.84, mg
Beta-sitosterol : 83.68, mg

Number of nutrients above maximum target limits: 6
Number of nutrients within target limits: 115
Number of nutrients below minimum target limits: 19