

Vegan Fried Rice

(4 Servings)



Ingredients:

1000.0 grams Rice, brown, medium-grain, cooked
300.0 grams Carrots, cooked, boiled, drained, without salt
150.0 grams Peas, green, cooked, boiled, drained, without salt
20.0 grams Oil, canola
10.0 grams Oil, sesame, salad or cooking
40.0 grams Soy sauce made from soy (tamari)
500 grams egg substitute:
 250.0 grams Tofu, fried
 50.0 grams Yeast extract spread
 5.0 grams Salt, table A
 20.0 grams Squash, winter, butternut, cooked, baked, without salt
 10.0 grams Spices, turmeric, ground

75.0 grams Quinoa, cooked
Optional: garlic & onion

Preparation/Cooking Instructions:

If needed, follow recipe to create egg substitute.
Chop carrots.
Heat oils in wok.
Mix in ingredients & stir fry.

Flavor Profile (Relative Perceptual Scale):

Saltiness: 0.27389514
Sweetness: 0.014249128
Sourness: 0.018648872
Bitterness: 0.093244314
Umaminess: 0.04035829
Richness: 0.047723316

Glycemic Load & Inflammation Profile:

Inflammation Load: 647.0712
Glycemic Load: 17.216095
Complete Protein (g) 5.299093

Nutritional Content Per Serving:

Protein : 21.240501, g
---Adjusted Protein : 0.0, g
Total lipid (fat) : 23.0265, g
Carbohydrate, by difference : 84.05601, g
Ash : 6.193499, g
Energy : 612.775, kcal
---Energy : 2566.4373, kj
Starch : 3.433125, g
Sugars, total : 6.859999, g
---Sucrose : 4.0420003, g
---Glucose (dextrose) : 0.35825, g
---Fructose : 0.435, g
---Lactose : 0.0, g
---Maltose : 0.0675, g
Alcohol, ethyl : 0.0, g
Fiber, total dietary : 12.3825, g

Water : 335.50717, g
 Caffeine : 0.0, mg
 Theobromine : 0.0, mg
 Galactose : 0.0, g
 Calcium, Ca : 302.2375, mg, OUT OF BOUNDS: TOO LOW VS. 332.0
 Iron, Fe : 6.78825, mg
 Magnesium, Mg : 191.91249, mg
 Phosphorus, P : 487.80002, mg
 Potassium, K : 697.5, mg, OUT OF BOUNDS: TOO LOW VS. 1566.66669921875
 Sodium, Na : 1102.6625, mg, OUT OF BOUNDS: TOO HIGH VS. 766.666650390625
 Zinc, Zn : 3.7538753, mg
 Copper, Cu : 0.597075, mg
 Fluoride, F : 35.65, mcg, OUT OF BOUNDS: TOO LOW VS. 1333.33330078125
 Manganese, Mn : 4.363888, mg, OUT OF BOUNDS: TOO HIGH VS. 3.666666793823242
 Selenium, Se : 19.793747, mcg
 Vitamin A, IU : 13650.6875, 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, : 682.525, RAE, OUT OF BOUNDS: TOO LOW VS. 694.333349609375
 Carotene, beta : 6663.75, mcg, OUT OF BOUNDS: TOO HIGH VS. 1000.0
 Carotene, alpha : 2896.75, mcg, OUT OF BOUNDS: TOO HIGH VS. 2000.0
 Thiamin (B-1) : 0.5412375, mg
 Riboflavin (B-2) : 0.192625, mg, OUT OF BOUNDS: TOO LOW VS. 0.36666667461395264
 Niacin (B-3) : 5.278425, mg
 Pantothenic acid (B-5) : 1.354425, mg, OUT OF BOUNDS: TOO LOW VS. 1.666666603088379
 Vitamin B-6 (Pyridoxal) : 0.7243875, mg
 Folate, total : 72.6, mcg, OUT OF BOUNDS: TOO LOW VS. 106.66666259765626
 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 : 9.4275, 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) : 2.0181248, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Vitamin K (phylloquinone) : 29.152498, mcg, OUT OF BOUNDS: TOO LOW VS. 40.0
 Cholesterol : 0.0, mg
 Choline, total : 89.26, mg, OUT OF BOUNDS: TOO LOW VS. 183.33333740234374
 Cryptoxanthin, beta : 155.8, mcg
 Lutein + zeaxanthin : 1487.625, mcg
 Lycopene (prevents UV damage) : 0.0, mcg
 Tocopherol, beta : 0.024125, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, gamma : 1.9806249, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Tocopherol, delta : 0.077625, mg, OUT OF BOUNDS: TOO LOW VS. 3.333333206176758
 Folic acid : 0.0, mcg, OUT OF BOUNDS: TOO LOW VS. 80.0
 Folate, food : 72.6, mcg, OUT OF BOUNDS: TOO LOW VS. 133.33333740234374
 Folate, DFE mcg_DFE Folate, : 72.6, DFE, OUT OF BOUNDS: TOO LOW VS. 133.33333740234374

Betaine : 0.39249998, mg
 Alanine g (helps enlarged : 1.0259376, prostate)
 Arginine g (good for mitigating fatty : 1.4735, liver), OUT OF BOUNDS: TOO HIGH VS. 0.3333333253860474
 Aspartic acid : 2.189362, g, OUT OF BOUNDS: TOO HIGH VS. 0.6666666507720947
 Cystine : 0.30466253, g, OUT OF BOUNDS: TOO LOW VS. 0.3333333253860474
 Glutamic acid : 3.894575, g
 Glycine : 0.88677496, g
 Histidine : 0.5696625, g
 Isoleucine : 0.97701246, g
 Leucine : 1.6017375, g
 Lysine : 1.2264376, g
 Methionine : 0.345875, g
 Phenylalanine : 1.0222125, g
 Proline : 1.0761999, g
 Hydroxyproline : 0.0, g
 Serine : 0.9887999, g
 Tryptophan : 0.292375, g
 Threonine : 0.9103625, g
 Tyrosine : 0.69638747, g
 Valine : 1.0999126, g
 Fatty acids, total trans : 0.01975, g
 ---Fatty acids, total trans-monoenoic : 0.0015, g
 16:1 t (trans-Palmitoleic acid) : 0.0, g
 18:1 t (trans-Oleic acid) : 0.0015, g
 22:1 t (trans-Erucic acid) : 0.0, g
 ---Fatty acids, total trans-polyenoic : 0.018250002, g
 18:2 t not further defined : 0.0, g
 18:2 t,t : 0.018250002, g
 Fatty acids, total saturated : 3.0766752, g
 4:0 (Butyric acid) : 0.0, g
 6:0 (Caproic acid) : 0.0, g
 8:0 (Caprylic acid: melts @ 16.3 deg C) : 0.0025000002, g
 10:0 (Capric acid: melts @ 31.3 deg C) : 0.007475, g
 12:0 (Lauric acid) : 0.0162, g
 13:0 : 0.0, g
 14:0 (Myristic acid) : 0.048725, g
 15:0 (Pentadecanoic acid) : 0.0, g
 16:0 (Palmitic acid) : 2.206825, g
 17:0 (Margaric acid) : 0.0, g
 18:0 (Stearic acid) : 0.7203001, g
 20:0 (Arachidic acid) : 0.0325, g
 24:0 (Lignoceric acid) : 0.0, g
 22:0 (Behenic acid) : 0.016500002, g
 Fatty acids, total monounsaturated : 4.959775, g
 14:1 : 0.0, g
 15:1 : 0.0, g

16:1 undifferentiated : 0.05895, g
16:1 (Palmitoleic acid) c : 0.0, g
17:1 : 0.0, g
18:1 undifferentiated : 7.616625, g
18:1 (Oleic acid) c : 3.0857, g
20:1 : 0.07085001, 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 : 3.351, g
18:2 ---undifferentiated (n-6=Linoleic acid) : 9.1107, g
18:2 n-6 c,c (Linoleic acid) : 0.932, 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) : 1.359725, g
18:3 n-3 c,c,c (a-Linolenic acid) : 0.45685002, 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 : 23.675, mg, OUT OF BOUNDS: TOO LOW VS. 50.0
---Stigmasterol (a phytosterol) : 0.15, mg
---Campesterol (a phytosterol) : 12.05, mg
Beta-sitosterol : 20.65, mg

Number of nutrients above maximum target limits: 7
Number of nutrients within target limits: 107
Number of nutrients below minimum target limits: 26