

PE1: Tropical Crop products

Group n. 01

Group members:

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Photo of your culinary preparation



List the tropical products used:

White rice, Pequi, Okra, Black beans, lentils, Cassava, salad (mix; rocula, spinach), Assorted Cherry tomatoes, Pineapple, Lentils, Olive oil, Palm hearts, and Jílo.

Discuss the potential macro nutrients composition of your dish (Use chatgpt):

Potential Macronutrient Composition of the Dish

- **Carbohydrates:**

White rice, cassava, lentils, and black beans are major carbohydrate sources, providing both starch and dietary fibre. Pequi and pineapple add natural sugars. Okra, cherry tomatoes, salad greens, palm hearts, and jiló contribute smaller amounts of carbohydrates, mainly fibre.

- **Proteins:**

Black beans and lentils are the primary plant-based protein sources. Spinach, arugula, and other salad vegetables contribute minor amounts of protein.

- **Fats:**

Olive oil and pequi are the main fat sources. Pequi contains monounsaturated fats, while olive oil contributes healthy unsaturated fats. Small contributions may also come from palm hearts.

- **Fibre:**

High levels of dietary fibre come from legumes (black beans, lentils), okra, cassava, salad greens, cherry tomatoes, jiló, and pineapple. Okra in particular also adds soluble fibre (mucilage).

This dish is **balanced**:

- **Carbohydrates** from rice, cassava, and legumes.
- **Proteins** mainly from legumes.
- **Fats** from olive oil and pequi.
- **Fibre and micronutrients** from vegetables, fruits, and jiló