$$\Psi_{190} = C_1 \left(|022u\rangle + i\,|02u2\rangle - |0u22\rangle - |202u\rangle - i\,|20u2\rangle + |220u\rangle - i\,|22u0\rangle - |2u02\rangle + |2u20\rangle + i\,|u022\rangle - i\,|u202\rangle + i\,|u220\rangle \right)$$

$$C_1 = \frac{1}{2\sqrt{3}}$$