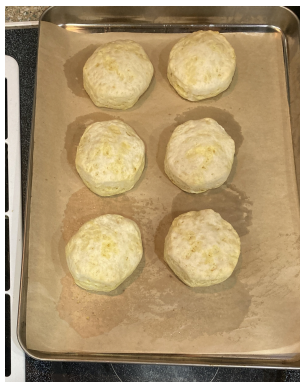


Country Fried Tofu Biscuits and Gravy

Recipe group	Additional name	Diet factors	Portions	Portion size
Breakfast, American	Protein Foundations	VG, NF	12	13.04 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	~ 6 cup	1 lb 8.00 oz	0%	1 lb 8.00 oz	Dough, Biscuit, plain <i>1 premade biscuit = 2 ounces</i>	Bake biscuits according to manufacturer's directions.



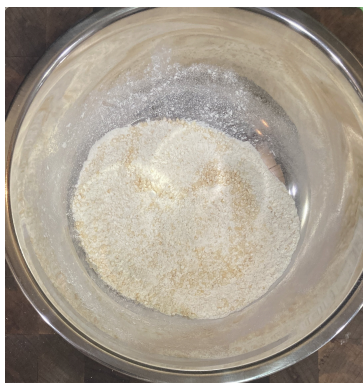
Bake biscuits.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	2 cup	1 lb 0.00 oz	0%	1.00 lb	Non-Dairy Milk, Soy, unsweetened	For Batter: In a bowl whisk soy milk, vinegar and mustard and let sit 10 minutes to thicken like buttermilk. Stir in remaining ingredients in step 2 until smooth.
	2 tbsp	0 lb 1.00 oz	0%	0 lb 1.00 oz	Vinegar, Apple Cider	
	1 tbsp	0 lb 0.53 oz	0%	0 lb 0.53 oz	Sauce, Mustard	
	1/4 cup	0 lb 1.15 oz	0%	0 lb 1.15 oz	Flour, All-Purpose	
	1/4 cup	0 lb 1.27 oz	0%	0 lb 1.27 oz	Yeast, Nutritional	
	1 tbsp	0 lb 0.13 oz	0%	0 lb 0.13 oz	Seasoning, Poultry	
	1 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz	Salt, Kosher	



Batter for tofu

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	2 cup	0 lb 7.00 oz	0%	0 lb 7.00 oz	Bread Crumbs, dry, plain	For Breading: Combine all ingredients in step 3 and stir together.
	1 3/4 cup	0 lb 8.05 oz	0%	0 lb 8.05 oz	Flour, All-Purpose	
	1 tsp	0 lb 0.10 oz	0%	0 lb 0.10 oz	Salt, Kosher	
	1 tsp	0 lb 0.11 oz	0%	0 lb 0.11 oz	Garlic, powder	
	1 tsp	0 lb 0.08 oz	0%	0 lb 0.08 oz	Onion, powder	



Breading for tofu.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	9 2/3 cup	3 lb 0.00 oz	2%	3 lb 0.83 oz	Tofu, Extra Firm, drained, pressed, cubed <i>2 ounce, 2" square planks</i>	Dip tofu planks into batter and then toss in dry breading to coat. Repeat for thicker coating, if desired. Fry in deep fryer at 350°F for 3-5 minutes until golden brown and crispy. Tofu can be fried to order or held in hotel pans in hot box or hot well until ready for service.



Dip tofu in batter.



Toss tofu in breading after batter.



Tofu fried.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	7 tbsp	0 lb 3.50 oz	0%	0 lb 3.50 oz	Non-Dairy Butter	For Gravy: Make a roux by melting butter in a sauté pan over medium heat. Add flour, stirring while cooking until lightly browned (blonde stage), about 3-4 minutes. Add spices and stir in. Slowly add in warm soymilk, whisking constantly for smooth consistency. Allow to a simmer and reduce 10 minutes, until thick. Gravy can be stored in a Bain Marie in a hot well until ready for service.
	9 tbsp	0 lb 2.59 oz	0%	0 lb 2.59 oz	Flour, All-Purpose	
	3/4 tsp	0 lb 0.03 oz	0%	0 lb 0.03 oz	Seasoning, Poultry	
	3/4 tsp	0 lb 0.09 oz	0%	0 lb 0.09 oz	Garlic, powder	
	3/4 tsp	0 lb 0.07 oz	0%	0 lb 0.07 oz	Salt, Kosher	
	5 1/3 cup	2 lb 10.64 oz	0%	2 lb 10.64 oz	Non-Dairy Milk, Soy, unsweetened warm	



Make roux and add spices.



Gravy cooked.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6						For Service: Slice one biscuit in half, top base with 2 tofu planks and 3 ounces gravy.

RECIPE IMAGES



Tofu Biscuits and Gravy

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	9 lb 12.43 oz	0 %	9 lb 12.43 oz	0 %	9 lb 12.43 oz
Size of portion	13.04 oz		13.04 oz		13.04 oz

ADDITIONAL INFO

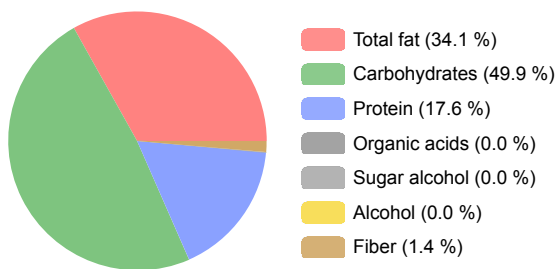
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NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals		RDI	
		RDI	% of energy					Vitamins	
Total fat	19.93 g	26 %	34.14 %	516.23 kcal	26 %	Salt	2.45 g		
Saturated	4.46 g	22 %	7.65 %	2,159.94 kJ		Salt	0.66 %	Vitamin A	0.57 µg 0 %
Monounsaturated	6.43 g		11.02 %			Sodium	981.53 mg 43 %	Vitamin D	1.66 µg 8 %
Polyunsaturated	7.17 g		12.28 %			Phosphorus	443.62 mg 35 %	Thiamine	0.75 mg 62 %
Trans fatty acids	1.70 g		2.92 %			Potassium	473.29 mg 10 %	Riboflavin	0.55 mg 42 %
Cholesterol	0.00 mg	0 %				Iron	9.26 mg 51 %	Niacin	3.80 mg 24 %
Linolenic acid	5.12 g		8.76 %			Calcium	624.11 mg 48 %	Vitamin B6	0.18 mg 11 %
Alpha-linolenic acid	204.36 mg		0.35 %			Zinc	1.80 mg 16 %	Vitamin B12	1.61 µg 67 %
Total Carbohydrate	63.45 g	23 %	49.94 %			Magnesium	80.16 mg 19 %	Folate	58.35 µg 15 %
Sugars total	6.49 g	13 %				Iodine	0.00 µg 0 %	Vitamin C	0.27 mg 0 %
Added sugar	0.00 g	0 %	0.00 %			Selenium	35.00 µg 64 %	Vitamin E	0.60 mg 4 %
Lactose	0.00 g					Copper	0.46 mg 51 %	Vitamin K	14.29 µg 12 %
Fiber	3.83 g	14 %	1.42 %					Others	
Organic acids	0.00 g		0.00 %					Water	255.48 g
Sugar alcohol	0.00 g		0.00 %						
Starch	9.87 g		7.77 %						
Protein	22.32 g	45 %	17.56 %						
Alcohol	0.00 g		0.00 %						

PERCENTAGE OF ENERGY



CO2



Comparable values

Snacks	1.11 kg
Main courses	1.55 kg
Desserts	0.70 kg

Comparable CO2 emissions for equal sized portions.

Though the reported CO2 emissions represent a major part of the actual emissions, they do not make up the whole amount. Rather than comparing the absolute values, we recommend comparing the portions in relation to each other. The CO2 emissions are based on the size of the portions and the average climate impact of the ingredients, but they do not take into account the general climate impact allocated for all the portions in restaurant services or the climate impact caused by the manufacturing. The average CO2 emission values have been calculated from the JAMIX sample database, which contains different types of recipes.