Country fried tofu biscuits and gravy

Recipe group	Additional name	Diet factors	Portions	Portion size
Breakfast, American	Protein Foundations	VG, NF	12	13.05 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	5 3/4 cup	1 lb 7.93 oz	0%	1 lb 7.93 oz	Dough, Biscuit, plain *1 premade biscuit = 2 ounces*	For biscuits: Bake biscuits according to manufacturer's instructions



Biscuits baked

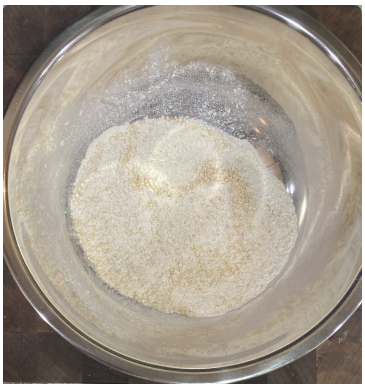
	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	2 cup	1 lb	0%	1 lb	Non-Dairy Milk, Soy, unsweetened	For batter: In a bowl whisk soy milk and vinegar, let sit 10 minutes to thicken. Stir in remaining ingredients in step 2 until smooth.
	2 tbsp	1 oz	0%	1 oz	Vinegar, Apple Cider	
	1/3 cup	1.52 oz	0%	1.52 oz	Flour, All-Purpose	
	1 tbsp	0.59 oz	0%	0.59 oz	Sauce, Hot, generic	
	1 tbsp	0.13 oz	0%	0.13 oz	Seasoning, Poultry	
	1 tsp	0.10 oz	0%	0.10 oz	Salt, Kosher	



Tofu batter

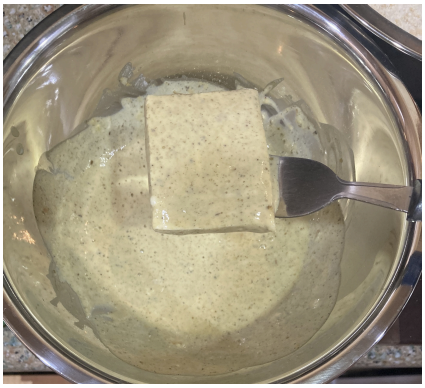
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	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	3 cup	8.40 oz	0%	8.40 oz	Crumbs, Panko Bread	For breading: Combine all ingredients in step 3 and stir to combine.
	1 1/2 cup	6.90 oz	0%	6.90 oz	Flour, All-Purpose	
	1/3 cup	0.69 oz	0%	0.69 oz	Seasoning, Poultry	
	1 tsp	0.10 oz	0%	0.10 oz	Salt, Kosher	



Tofu breading

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
4	5 1/3 cup	3 lb	2%	3 lb 0.83 oz	Tofu, Extra Firm, drained, pressed, cubed *2 ounce, 2" square planks*	Dip tofu planks into batter and then toss in dry breading to coat. 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 until service.



Tofu dipped in batter



Tofu tossed in breading



Tofu fried

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	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5	1/2 cup	2.30 oz	0%	2.30 oz	Flour, All-Purpose	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 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.
	1/2 cup	4 oz	0%	4 oz	Non-Dairy Butter	
	1 1/2 tsp	0.15 oz	0%	0.14 oz	Salt, Kosher	
	3/4 tsp	0.03 oz	0%	0.03 oz	Seasoning, Poultry	
	3/4 tsp	0.09 oz	0%	0.08 oz	Garlic, powder	
	3/4 tsp	0.06 oz	0%	0.06 oz	Pepper, White, ground	
	5 1/3 cup	2 lb 10.64 oz	0%	2 lb 10.64 oz	Non-Dairy Milk, Soy, unsweetened *warm*	



Roux made and spices added



Gravy cooked

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
6						For service: Add two tofu planks to plate and top 3 ounces gravy and a biscuit.



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NUTRITION INFORMATION

per portion

Energy nutritives		% of energy
Total fat	21.10 g	35.17 %
Saturated	4.74 g	7.90 %
Monounsaturated	6.90 g	11.50 %
Polyunsaturated	7.51 g	12.52 %
Trans fatty acids	1.94 g	3.24 %
Cholesterol	0.00 mg	
Linolenic acid	5.41 g	9.02 %
Alpha-linolenic acid	228.36 mg	0.38 %
Total Carbohydrate	64.54 g	49.42 %
Sugars total	6.72 g	
Added sugar	0.00 g	0.00 %
Lactose	0.00 g	
Fiber	4.03 g	1.45 %
Organic acids	0.00 g	0.00 %
Sugar alcohol	0.00 g	0.00 %
Starch	11.84 g	9.07 %
Protein	22.45 g	17.19 %
Alcohol	0.00 g	0.00 %

Calories	
530.63 kcal	
2,220.20 kJ	

Minerals	
Salt	2.67 g
Salt	0.72 %
Sodium	1,067.79 mg
Phosphorus	445.95 mg
Potassium	488.73 mg
Iron	9.93 mg
Calcium	645.01 mg
Zinc	1.68 mg
Chloride	0.00 mg
Chromium	0.00 µg
Fluoride	0.00 mg
Magnesium	84.05 mg
Molybdenum	0.00 µg
Iodine	0.00 µg
Selenium	34.57 µg
Copper	0.48 mg

Vitamins	
Vitamin A	3.01 µg
Vitamin D	1.66 µg
Thiamine	0.78 mg
Riboflavin	0.57 mg
Niacin	4.03 mg
Vitamin B6	0.20 mg
Vitamin B12	1.63 µg
Folate	60.94 µg
Biotin	0.00 µg
Choline	0.00 mg
Pantothenic Acid	0.00 mg
Vitamin C	0.83 mg
Vitamin E	0.70 mg
Vitamin K	28.75 µg

Others	
Water	255.95 g

CO2



0.37 kg

Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.

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