

King's Vegetarian Food Mfg. Co. Ltd.

VEGETARIAN SPECIALTY FOOD

Creamy Herb Mashed Potatoes Recipe and Nutrition

Yield	535	grams	Prep	15 minutes
Portion	133	grams	Cook	25 minutes
Num Portions	4.02		Finish	40 minutes
			Shelf	3 days

Ingredients

720	grams	Peel and wash in room temp wat red potato chop 1 inch cube
1	tsp	salt
250	mililiters	nonfat milk
60	grams	margarine
1	tsp	wash, towel dry, and chopped fresh basil
1/2	tsp	ground white pepper

Method:

- 1) Place potatoes in a large pot, and cover with cold water. Add a pinch of salt. Bring to a boil and reduce heat to low rolling boil.
- 2) Simmer about 15 minutes or more. test with fork for tenderness. Fork should penetrate with little resistance but potatoes not break.
- 3) Drain the potatoes and return to pot and heat under medium heat about 1 minute to dry out.
- 4) Remove from heat.
- 5) In a small saucepan, melt the butter into the cream. Pour 3/4 the hot liquid over the potatoes.
- 6) Mash by hand until smooth. if more liquid is required, add as needed. Do not over mash or they will become gluey.
- 7) Stir in the chopped parsley and basil, season with extra salt and pepper as needed to taste.
- 8) Place into piping bag with star tip and pipe rosettes while mixture warm

Nutrition Facts

Serving Size 133g

Servings Per Container about 4

Amount Per Serving

Calories 270 Calories From Fat 110

% Daily Value

Total Fat 12g 19%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0 mg 0%

Sodium 640mg 27%

Total Carbohydrate 35g 12%

Dietary Fiber 4g 18%

Sugars 5g

Protein 6g

Vitamin A 15% Vitamin C 60%

Calcium 10% Iron 8%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrient Descriptors

Cholesterol Free

Good Source of Calcium Good

Source of Carbohydrates Good

Source of Fiber

Good Source of Protein Good

Source of Vitamin A High in

Potassium

High in Vitamin C

Soy Breast Recipe and Nutrition Facts Italian Tomato Sauce

Yield	1	l	Prep	15 minutes
Portion	30	milliliters	Cook	25 minutes
Num Portions	33.33		Finish	5 minutes
			Shelf	7 days

Ingredients

796	milliliters	crushed before using canned tomatoes
30	milliliters	balsamic vinegar
1/2	tsp	salt
5	grams	granulated sugar
2	grams	ground black pepper
45	milliliters	virgin olive oil
100	milliliters	water
3	milliliters	vegetable base
2	grams	dried basil
2	grams	dried oregano

Method:

- 1) Heat oil in medium sauce pot until medium hot.
- 2) Add dry herbs.
- 3) Add crushed tomatoes and whisk.
- 4) Add water and vegetable base.
- 5) Add vinegar and salt.
- 6) Simmer low heat for 10 minutes and taste.
- 7) Add sugar to reduce acidity to desired profile.
- 8) Sauce should coat back of spoon

Nutrition Facts	
Serving Size 30 ml	
Servings Per Container about 33	
Amount Per Serving	
Calories 15	Calories From Fat 10
% Daily Value	
Total Fat 1g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 65mg	3%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	1%
Sugars 1g	
Protein 0g	
Vitamin A 2%	Vitamin C 4%
Calcium 2%	Iron 2%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrient Descriptors

Cholesterol Free
 Healthy
 Low Calorie
 Low Fat
 Low Saturated Fat
 Low Sodium

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VEGETARIAN SPECIALTY FOOD

Simulated Soy Chicken Breast Entree Recipe and Nutrition for Dish

Yield	416	grams	Prep	15 minutes
Portion	416	grams	Cook	25 minutes
Num Portions	1		Finish	40 minutes
			Shelf	3 days

Ingredients

0.03	recipe	Italian Tomato Sauce
1	piece	Soy Simulated Chicken Breast
1/4	recipe	Creamy Herb Mashed Potatoes
1	recipe	Vegetable set for plated dinner

Method:

- 1) Make sure all recipes are hot and ready to serve.
- 2) Assemble plate starting with mashed potatoed
- 3) Add vegetables
- 4) Add Soy Breast
- 5) Finish with sauce.

Garnish as desired.

Nutrition Facts

Serving Size 416g

Servings Per Container 1

Amount Per Serving

Calories 570 **Calories From Fat** 320

% Daily Value

Total Fat 35g 53%

Saturated Fat 5g 22%

Trans Fat 0g

Cholesterol 0 mg 0%

Sodium 1170mg 49%

Total Carbohydrate 48g 16%

Dietary Fiber 9g 39%

Sugars 11g

Protein 17g

Vitamin A 60% Vitamin C 20%

Calcium 15% Iron 20%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrient Descriptors

Cholesterol Free
Good Source of Calcium
Good Source of Carbohydrates
Good Source of Iron
High in Fiber
High in Potassium
High in Protein
High in Vitamin A
High in Vitamin C

Any Entree

Recipe and Nutrition Vegetable set for plated dinner

Yield	142.5	grams	Prep	15 minutes
Portion	142.5	grams	Cook	10 minutes
Num Portions	1		Finish	5 minutes
			Shelf	3 days

Ingredients

30	grams	Tip and tail green beans
2	ea	Tip and tail, peel baby carrot
1	ea	wash and let dry broccoli florets
2	ea	wash and let dry crimini mushrooms Trim stem flat to bottom
0.6	ea	wash and let dry plum tomatoes Cut into 1/6 of one one tomato
1/4	tsp	cracked black pepper
1/4	tsp	dried tarragon
20	milliliters	virgin olive oil

Method:

- 1) Place in small pot water to boil to blanch (partially cook vegetables)
- 2) When water boils, carrots and simmer 4 minutes or until fork tender yet al dente. (Do not cook until soft)
- 3) Remove from water and cool in ice water quickly to maintain crispness.
- 4) Add beans and broccoli to boiling water and simmer about 1 minutes. Should be al dente
- 5) Cool same as carrots to preserve.
- 6) Heat skillet with olive oil until med-hot.
- 7) Add mushrooms for 30 seconds.
- 8) Add rest of pre cooked vegetables and all seasoning.saute until hot and flavorful.
- 9) Set on plate with other items.

Nutrition Facts

Serving Size 142.5g

Servings Per Container 1

Amount Per Serving

Calories 210 **Calories From Fat** 160

% Daily Value

Total Fat 18g 27%

Saturated Fat 2.5g 11%

Trans Fat 0g

Cholesterol 0 mg 0%

Sodium 55mg 2%

Total Carbohydrate 11g 4%

Dietary Fiber 4g 17%

Sugars 5g

Protein 3g

Vitamin A 50% Vitamin C 60%

Calcium 6% Iron 8%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrient Descriptors

Cholesterol Free
 Good Source of Fiber
 Good Source of Potassium
 High in Vitamin A
 High in Vitamin C
 Low Sodium