

Vegan Biscuits and Country Gravy

Recipe group	Additional name	Diet factors	Portions	Portion size
MAIN DISH	Hungry Planet		25	7.64 oz

1 BISCUIT

Name of ingredient	Capacity measure	EP	Methods
Milk, imitation, oat	~ 1 1/2 pt	1 lb 10.90 oz	BISCUIT Combine the oat milk and lemon juice.
Lemon juice, raw	~ 3 tbsp	0 lb 1.62 oz	

Name of ingredient	Capacity measure	EP	Methods
2 Wheat flour, white, all-purpose, enriched	~ 1 1/2 qt	1 lb 12.66 oz	Sift the flour, baking powder, baking soda, and kosher salt into a bowl.
Leavening agents, baking powder, low-sodium	~ 3 tbsp	0 lb 1.65 oz	
Leavening agents, baking soda	~ 1 1/2 tsp	0 lb 0.25 oz	
Salt, kosher, Diamond Crystal	2 1/3 tsp	0 lb 0.23 oz	

Name of ingredient	Capacity measure	EP	Methods
3 Vegan butter, Earth Balance	~ 1 cup	0 lb 6.17 oz	<p>Cut vegan butter into flour mixture until mixture is sandy-like.</p> <p>Add oat milk and stir into flour mixture until just incorporated. Do not mix or knead too long.</p> <p>Turn onto a floured work surface and fold in half. Repeat twice. Use additional flour to prevent sticking.</p> <p>Press into a 1" square. Cut with a 2 1/2" cutter.</p> <p>Place biscuits on a parchment paper lined baking sheet in two rows, making sure they just touch.</p> <p>Gently press the remaining dough together and cut out one or two more biscuits.</p> <p>Press middle of biscuit down. Brush with vegan butter.</p> <p>Bake at 450°F for 10-15 minutes.</p>

4 SAUSAGE GRAVY

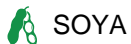
Name of ingredient	Capacity measure	EP	Methods
Hungry Planet Italian Sausage™	1 lb 9.00 oz		SAUSAGE GRAVY Brown Hungry Planet Italian sausage in the canola oil over medium high heat. Remove.
Oil, canola	6 1/4 tbsp	0 lb 3.01 oz	

Name of ingredient	Capacity measure	EP	Methods
5 Vegan butter, Earth Balance	~ 1 cup	0 lb 6.17 oz	Add vegan butter and flour to the pan and stir smooth. Cook for 2-3 minutes.
Wheat flour, white, all-purpose, enriched	22 tbsp	0 lb 6.27 oz	

Name of ingredient	Capacity measure	EP	Methods
6 Milk, imitation, oat	~ 1 1/2 qt	3 lb 5.79 oz	Whisk oat milk into flour mixture in parts. Whisking addition smooth.

Name of ingredient	Capacity measure	EP	Methods
7 Vegetable stock	~ 1 1/2 pt	1 lb 9.00 oz	Stir vegetable stock into oat milk, add poultry seasoning, kosher salt and black pepper, and simmer for 10 minutes. Add Hungry Planet Italian sausage to sauce and simmer for 5 minutes.
Spices, poultry seasoning	~ 1 5/8 tsp	0 lb 0.07 oz	
Salt, kosher, Diamond Crystal	2 1/3 tsp	0 lb 0.23 oz	
Spices, black pepper, ground	~ 1 1/2 cup	0 lb 5.95 oz	

ALLERGENS



SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	11 lb 14.98 oz	0 %	11 lb 14.98 oz	0 %	11 lb 14.98 oz
Size of portion	7.64 oz		7.64 oz		7.64 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals		
Fat	3.17 g	22.27 %	125.76 kcal 526.18 kJ 0.53 MJ	Salt	0.39 g	
Saturated	0.30 g	2.08 %		Salt	0.39 %	Vitamins
Monounsaturated	1.24 g	8.72 %	Sodium	202.93 mg	Vitamin A	26.66 µg
Polyunsaturated	1.05 g	7.35 %	Phosphorus	126.53 mg	Vitamin D	0.46 µg
Trans	0.01 g	0.04 %	Potassium	282.33 mg	Thiamine	0.15 mg
Cholesterol	0.00 mg		Iron	1.74 mg	Riboflavin	0.10 mg
Linolenic acid	0.88 g		Calcium	103.57 mg	Niacin	1.16 mg
Alpha-linolenic acid	148.72 mg		Zinc	0.22 mg	Vitamin B6	0.02 mg
Carbohydrate	19.72 g	63.73 %	Magnesium	10.16 mg	Vitamin B12	0.00 µg
Sugars	2.33 g	7.53 %	Iodine	0.00 µg	Folic acid	28.17 µg
Sugar	0.00 g		Selenium	7.12 µg	Vitamin C	0.33 mg
Lactose	0.00 g		Copper	0.08 mg	Vitamin E	0.32 mg
Fibre	2.09 g	3.18 %			Vitamin K	6.57 µg
Organic acids	0.00 g	0.00 %			Others	
Sugar alcohol	0.00 g	0.00 %			Water	41.43 g
Starch	0.00 g	0.00 %				
Protein	5.12 g	16.55 %				
Alcohol	0.00 g	0.00 %				