Easy Eats Delicious Recipes for Dysphagia-Friendly Meals

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When we set out to create this cookbook, our primary goal was to ensure that it would be accessible and approachable for everyone, especially for those living with dysphagia. We understand the challenges that come with preparing meals that are both safe and enjoyable, and we wanted to craft a resource that would make this process easier.

Food is so much more than sustenance; it is comfort, culture, and connection. It is our hope that these recipes provide not only nutrition but also a sense of joy and confidence in the kitchen, whether you are cooking for yourself, a loved one, or someone in your care.

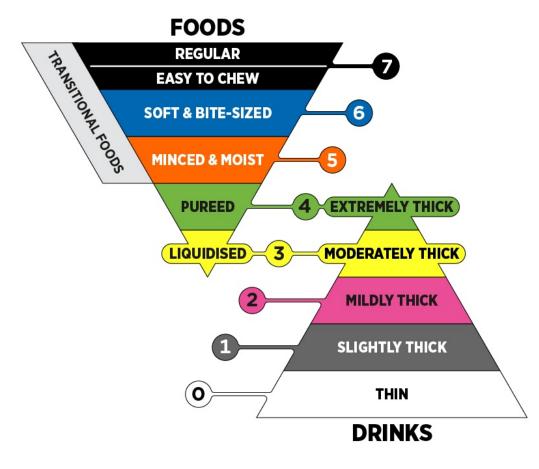
We have made every effort to include a variety of textures, flavors, and tips that cater to different levels of difficulty swallowing, while also using ingredients that are easy to find and methods that are straightforward to follow. Our goal is to empower you to create meals that you can look forward to, despite the challenges dysphagia may bring.

Thank you for trusting us to be part of your journey toward healthier, more enjoyable eating.



### The IDDSI Framework

Providing a common terminology for describing food textures and drink thicknesses to improve safety for individuals with swallowing difficulties.



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### Diet & The IDDSI

The International Dysphagia Diet Standardization Initiative, or IDDSI, includes a framework which aims to share standard language and approaches with modifying foods and fluids to support a person's health and safety with eating and drinking as they live with dysphagia. The framework was developed based on best practice standards and can be applied with people of any age and in any care environment.

The IDDSI framework shows and describes different levels of texture and thickness of foods and fluids and methods to test these levels to determine their texture, thickness, and safety for a person living with dysphagia according to the framework.

The framework includes a scale from 0-7 outlining the different levels of texture and thickness of foods and fluids recommended for a person living with dysphagia. Fluids are represented by an upright triangle with "thin", "0" fluids at the bottom and "extremely thick", "4" fluids at the top. Foods are represented by a downward triangle with "regular, easy to chew", "7" foods at the top and "liquidized", "3" foods at the bottom. Levels 5-7 involve transitional foods which include foods that may be modified from one texture to another with wetness (e.g., saliva) or differences in temperature (e.g., heat). For levels 3 and 4, it is important that the texture and thickness of foods and fluids match as shown on the

texture and thickness of foods and fluids match as shown on the framework to ensure the person can swallow the items safely.

Dysphagia can affect a person's swallowing ability in different ways. As a result, different levels of texture and thickness of foods and fluids may be suggested by health professionals, such as a speechlanguage pathologist, as part of the care team, based on a thorough assessment with the person living with dysphagia to support their safety with meals (IDDSI, 2019a). sh+ Unspl

## Flavoured Oils



## Garnishes

Recipes featured: Charred Rosemary Oil Chili Oil Green Herb Oil Scallion Oil Turmeric Oil Flavoured Mayonnaise

Charred

## Rosemary Oil

Ingredients:

- 30 grams Fresh Rosemary
- 465 grams Canola Oil

Instructions:

1. Char (washed and dried) fresh rosemary on a grill.

2. Heat to 100°C and then remove from heat. Add charred rosemary and steep for at least 20 minutes.

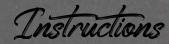
3. Strain using a cheesecloth or fine mesh strainer.

4. Store in an airtight container such as a mason jar, or bottle and refrigerate.



Ingredients

- 465 grams Canola Oil
- 20 grams Chili Flakes
- 10 grams Paprika Powder
- 10 grams Chipotle Powder
- 10 grams Chili Powder



 Heat oil to 100°C and remove from heat.
 Add chili flakes and wait 20 seconds.
 Add powdered spices, and steep for at least 20 minutes.

4. Strain using cheesecloth or fine mesh strainer.

5. Store in an airtight container such as a mason jar, or bottle and refrigerate.

## Green Herb Oil



- 465 grams Olive Oil
- 2 bunches (~120 grams) Basil
- 1 bunch (~50 grams) Tarragon
- 1 bunch (~50 grams) Chives



 Blanch herbs in boiling water until they turn bright green (10-20 seconds).
 Remove herbs and refresh in an ice bath.
 Puree squeezed herbs and oil using a blender or food processor until a smooth consistency is reached.
 Strain using a cheesecloth – this can take several hours, for best results strain overnight.

5. Store in an airtight container such as a mason jar, or bottle and refrigerate.



### Scallion Oil

Ingredients:

- 465 grams Canola Oil
- 100 grams Scallions, sliced
- 100 grams Ginger, sliced
- 50 grams Garlic, peeled & smashed



1. Heat oil to 100°C.

2. Add all other ingredients to the hot oil, continue heating on medium heat until the temperature reaches 160°C.

3. Take off heat.

4. Strain using a cheesecloth or fine mesh strainer

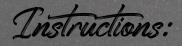
5. Store in an airtight container such as a mason jar, or bottle and refrigerate.



### Turmeric Oil



- 465 grams Canola Oil
- 20 grams Whole Black Cardamom Pods
- 20 grams Whole Green Cardamom Pods
- 10 grams Whole Cloves
- 10 grams Black Cardamom Seeds
- 10 grams Turmeric fresh\*, grated



1. Heat oil to 100°C.

2. Add all other ingredients to the hot oil and let steep for 20 minutes

3. Strain using a cheesecloth or fine mesh strainer

4. Store in an airtight container such as a mason jar, or bottle in a cool and refrigerate.

\*Fresh turmeric may be substituted with powdered turmeric - 15 grams

## Flavored Mayonnaise

Ingredients:

- 18 grams Egg Yolk (pasteurized)
- 8 grams White Wine Vinegar
- 8 grams Lemon Juice
- 4 grams Dijon Mustard
- 3 grams Kosher Salt
- 170 grams Flavoured Oil\* of Choice



1. Combine egg yolk, half quantity of vinegar, half quantity of lemon juice, and dijon mustard in a bowl.

 Whisk until foamy, pale and thickened
 Add oil in a slow thin stream while whisking constantly to avoid the mayonnaise from separating.
 When mayo thickens, adjust seasoning

with lemon juice and salt.

5. Store in an airtight container and refrigerate.



\*See previous recipes.



## Pineapple Salsa

### Ingredients:

- 30 grams Oil of Choice
- 115 grams Spanish Onion, roughly chopped
- 1 (560 mL) Can Canned Pineapple
- 35 grams Jalapeños, roughly chopped
- 8 grams Garlic, crushed
- 15 grams Cilantro, roughly chopped
- 5 grams Kosher Salt

Instructions:

1. Heat oil in a medium sized skillet or saucepan.

2. Sweat onions, garlic and jalapeños until fragrant.

3. Add pineapple and reduce excess liquid by 75%.

4. Remove the skillet or saucepan from the heat and add cilantro.

 5. Purée using a blender or food processor.
 6. Store in an airtight container and refrigerate.

### Salsa Verde

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Ingredients:

- 190 grams Onion, roughly chopped
- 30 grams Jalapeño, roughly chopped
- 690 grams Tomatillos, husks removed
- 5 grams Kosher Salt
- 65 grams Lime juice
- 75 grams Cilantro, picked (about a 1/4 bunch)

### Instructions:

1. Preheat oven to 450° F.

2. Roast washed and tried tomatillos until charred.

3. Combine warm tomatillios and all the other ingredients in the bowl of a blender or food processor, and blend until smooth.

4. Store in an airtight container and refrigerate.



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## Sustenance

Recipes featured: Potato Leek Soup Cream of Mushroom Soup Avocado Chicken Salad Spiced Ricotta Scramble Butter Chicken Mince Cottage Pie

### Potato Leek

Soup

Ingredients:

- 450 grams Leeks, about 4 large leeks
- 45 grams Butter
- 12 grams Garlic
- 900 grams Yukon gold potatoes, diced and peeled
- 1680 grams Broth or Stock
- 2 Bay leaves
- 3 sprigs Thyme, fresh
- 6 grams Kosher Salt
- 2 grams White pepper (or to taste)
- 125 grams Heavy cream

#### Instructions:

1. Wash and chop light green and white portions of leeks.

Melt butter in a large pot and sweat leeks. Add potatoes, bay leaves, thyme and stock to the pot.
 Bring to a boil, cover and simmer on medium heat for 20 minutes or until the potatoes are fork tender.

4. Remove bay leaves and thyme sprigs and blend until smooth. Add more liquid if desired.

5. Serve immediately, or store in an airtight container and refrigerate.

## Cream of Mushroom Soup

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### Ingredients:

- 60 grams Butter
- 900 grams Mushrooms, sliced
- 5 grams Kosher Salt
- 250 grams Yellow onion, diced
- 8 grams All-purpose flour
- 6 sprigs Thyme, fresh
- 2 cloves Garlic, smashed
- 960 grams Broth
- 230 grams 35% Cream

#### Instructions:

1. Melt butter in a large pot over medium high heat.

 Add mushrooms once butter is foamy; add salt and cook until mushrooms release moisture.
 Add onions and cook until translucent.

4. Add flour and stir until the raw flour smells dissipate.

5. Add bundled thyme, garlic cloves, and 1 cup of water.

6. Simmer over medium-low heat for one hour.7. Blend until smooth and add cream.

8. Mix and serve or store in airtight container and refrigerate.

## Avocado & Chicken Salad

Ingredients:

- 835 grams (~ 2 large) Chicken Breasts
- 10 grams Canola Oil
- 10 grams Kosher Salt
- 10 grams Dijon Mustard
- 300 grams (~3 large) Avocado, pitted and peeled
- 5 grams Cilantro
- 25 grams Lime Juice
- 10 grams Capers, drained
- 80 grams Water or Flavoured Oil (or as needed to achieve desired consistency)

#### Instructions:

- 1. Heat a large skillet over medium heat.
- 2. Season chicken breasts with salt.

3. Once the pan is hot, add oil and sear chicken breasts on both sides until golden brown.

4. When fully cooked and cooled, dice into large cubes.

5. Combine all ingredients in the bowl of a food processor and process until desired texture is reached.



## Spiced Ricotta Cheese Scramble

Ingredients:

- 700 grams Ricotta Cheese
- 10 grams Oil
- 10 grams Butter
- 150 grams Onion, finely chopped
- 5 grams Kosher Salt
- 10 grams Garlic, minced
- 7 grams Ginger, finely chopped
- 4 grams Chili Powder
- 7 grams Turmeric Powder
- 7 grams Coriander Powder
- 30 grams Tomato Paste
- 5 grams Fresh Cilantro

#### Instructions:

1. Heat a large saucepan or skillet over mediumhigh heat.

2. Add oil and butter and sweat aromatics (onion, ginger, and garlic) with salt.

 Add spices and cook down for 30-45 seconds.
 Add tomato paste and cook down 'raw' flavor about a minute

5. Add ricotta cheese, mix thoroughly and cook until excess water evaporates, about 2 minutes.6. Serve. See video for plating suggestions.



# Butter

Chicken

## Mince

Ingredients:

- 12 grams Oil
- 12 grams Butter
- 1 (454 gram) Package of Ground chicken
- 150 grams Onion, finely chopped
- 4 grams Ginger, finely chopped
- 85 grams Tomato Sauce
- 12 grams Garam Masala
- 4 grams Chili Powder
- 4 grams Dried Fenugreek Leaves
- 4 grams Cumin Powder
- 4 grams Kosher Salt

#### Instructions

1. Heat a large saucepan or skillet over mediumhigh heat. Add the oil and butter.

2. Sweat onions until golden brown and then add the garlic and ginger and cook down for 30 seconds.

3. Add spices and toast for an additional 45 seconds. Add the tomato sauce and stir until combined.

4. Add the ground chicken and cook until temperature reaches 74°C.

5. Optional – once chicken is cooked, you may add a splash of heavy cream.
6. Serve.



Ingredients:

For the Mince:

- 454 grams Beef Mince
- 13 grams Olive Oil
- 150 grams Onion, finely chopped
- 12 grams Garlic, finely chopped
- 100 grams Carrots, finely chopped
- 3 grams Kosher Salt
- 3 grams Turmeric Powder
- 3 grams Coriander Powder
- 3 grams Chili Powder
- 3 grams Aleppo Pepper
- 2 grams Cinnamon Powder
- 2 grams Nutmeg Powder For the Mash:
  - 150 grams Russet Potatoes
  - 15 grams Unsalted Butter

#### Instructions:

 Sweat garlic and onions in a heavy bottomed pan.
 Add ground beef and cook. Add spices when beef is 75% cooked.

4. Add shredded carrots and cook.

5. Add tomato sauce and continue to cook until done, about 5 minutes, or until a temperature of 71°C is reached.

#### **Mashed Potatoes:**

1. Boil potatoes

2. Mash potatoes and add salt to taste.

3. Plate and serve.



Unsplash-

Sweet Treats

## <u>Recipes featured:</u> Chocolate Tofu Mousse Mango Tofu Mousse

# Chocolate Tofu

## Mousse

Ingredients:

- 454 grams Silken Tofu, drained weight
   ~288 grams
- 225 grams Chocolate Syrup
- 85 grams Olive Oil
- 1 Lemon, zested
- Optional Ingredients
  - Vanilla
  - Honey
  - Espresso Powder
  - Cinnamon
  - Nutmeg

Instructions:

1. Add the drained tofu and lemon zest into

the bowl of a food processor and process until smooth.

- 2. Stream in olive oil while continuing to process.
- 3. Add in the rest of the ingredients and process until smooth and thick.

4. Pour into desired serving vessel and refrigerate to ensure mousse thickens before consuming.





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# Mango Tofu Mousse

Ingredients:

• 454 grams Silken Tofu, drained weight ~288 grams

- 60 grams Sugar
- 120 grams Unsweetened Mango Puree
- 85 grams Olive Oil
- 1 Lemon, zested
- Optional Ingredients
  - Vanilla
  - Honey
  - Cardamom Powder
  - Saffron

Instructions:

 Add the drained tofu and lemon zest, sugar into the bowl of a food processor and process until smooth
 Stream in olive oil while continuing to process
 Add in the rest of the ingredients and process until smooth and thick.

4. Pour into desired serving vessel and refrigerate to ensure the mousse thickens before consuming.



# Charred Rosemary Oil

Nutrition Fact Valeur nutritiv Per 5 ml pour 5 ml		
Calories 45	% Daily Value* % valeur quotidienne*	
Fat / Lipides 5 g	7 %	
Saturated / saturés 0. + Trans / trans 0.1 g	4g 3%	
Carbohydrate / Glucides 0 g		
Fibre / Fibres 0 g	0 %	
Sugars / Sucres 0 g	0 %	
Protein / Protéines 0 g	1	
Cholesterol / Choleste	erol 0 mg	
Sodium 0 mg	0 %	
Potassium 0 mg	0 %	
Calcium 0 mg	0 %	
Iron / Fer 0 mg	0 %	
*5% or less is a little, 15% or r *5 % ou moins c'est peu, 15 %		

### Chili Oil

Peromi	
pour 5 ml	
Calories 40	% Daily Value* % valeur quotidienne*
Fat / Lipides 4.5 g	6 %
Saturated / saturés 0 + Trans / trans 0.1 g	.3g 2%
Carbohydrate / Glucio	les 0 g
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 0.1	1 g
Cholesterol / Cholesterol	é <b>rol</b> 0 mg
Sodium 0 mg	0 %
Potassium 10 mg	1 %
Calcium 0 mg	0 %
Iron / Fer 0.1 mg	1 %
*5% or less is a little, 15% or *5 % ou moins c'est peu, 15 %	

## Green Herb Oil

Per 5 ml	
pour 5 ml	
Calories 25	% Daily Value* % valeur quotidienne*
Fat / Lipides 3 g	4 %
Saturated / saturés 0 + Trans / trans 0 g	.4g 2%
Carbohydrate / Glucio	des 0 g
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 0.	1 g
Cholesterol / Cholest	érol 0 mg
Sodium 0 mg	0 %
Potassium 10 mg	1 %
Calcium 0 mg	0 %
Iron / Fer 0.1 mg	1 %
*5% or less is a little, 15% or *5 % ou moins c'est peu, 15 %	



Per 5 ml	
pour 5 ml	
Calories 30 % vale	% Daily Value* ur quotidienne*
Fat / Lipides 3.5 g	5 %
Saturated / saturés 0.2 g + Trans / trans 0.1 g	2 %
Carbohydrate / Glucides 0 g	3
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0	mg
Sodium 0 mg	0 %
Potassium 10 mg	1 %
Calcium 0 mg	0 %
Iron / Fer 0 mg	0 %
*5% or less is a little, 15% or more is *5 % ou moins c'est peu, 15 % ou plus	



Per 5 ml (5 g) pour 5 ml (5 g)	
Calories 40	% Daily Value* % valeur quotidienne*
Fat / Lipides 4.5 g	6 %
Saturated / saturés ( + Trans / trans 0.1 g	).3g 2%
Carbohydrate / Gluci	des 0 g
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 0	g
Cholesterol / Cholest	érol 0 mg
Sodium 0 mg	0 %
Potassium 10 mg	1 %
Calcium 0 mg	0 %
Iron / Fer 0.1 mg	1 %
*5% or less is a little, 15% or *5 % ou moins c'est peu, 15	

## Flavoured Mayonnaise

Per 15 ml pour 15 ml	
	% Daily Value* r quotidienne*
Fat / Lipides 12 g	16 %
Saturated / saturés 1 g + Trans / trans 0.3 g	7 %
Carbohydrate / Glucides 0 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 0.2 g	
Cholesterol / Cholestérol 15	mg
Sodium 90 mg	4 %
Potassium 0 mg	0 %
Calcium 0 mg	0 %
Iron / Fer 0.1 mg	1 %
*5% or less is a little, 15% or more is a *5 % ou moins c'est peu, 15 % ou plus	

# Pineapple Salsa

Nutrition Fa Valeur nutrit Per 5 ml pour 5 ml	
Calories 5	% Daily Value* % valeur quotidienne*
Fat / Lipides 0.2 g	1 %
Saturated / saturés + Trans / trans 0 g	0g 0%
Carbohydrate / Gluo	cides 1 g
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1	g 1%
Protein / Protéines	0 g
Cholesterol / Ch	stérol 0 mg
Sodium 15 mg	1 %
Potassium 10 mg	1 %
Calcium 0 mg	0 %
Iron / Fer 0 mg	0 %
*5% or less is a little, 15% *5 % ou moins c'est peu, 1	or more is a lot 5 % ou plus c'est beaucoup

### Salsa Verde

Calories 0	0 % valeur qu %	aily Valu otidienr	
Fat / Lipides 0 g		0	%
Saturated / saturé + Trans / trans 0 g		0	%
Carbohydrate / Glu Fibre / Fibres 0 g Sugars / Sucres 0			% %
Protein / Protéines	s0.1 g		
Cholesterol / Chol	estérol 0 mg		
Sodium 10 mg		1	%
Potassium 10 mg		1	%
Calcium 0 mg		0	%
Iron / Fer 0 mg		0	%

## Potato Leek Soup

Nutrition Facts Valeur nutritive Per 250 ml pour 250 ml	
Calories 180 % vale	% Daily Value* ur quotidienne*
Fat / Lipides 8 g	11 %
Saturated / saturés 4 g + Trans / trans 0 g	20 %
Carbohydrate / Glucides 23	g
Fibre / Fibres 2 g	7 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 6 g	
Cholesterol / Cholestérol 25	5 mg
Sodium 380 mg	17 %
Potassium 500 mg	15 %
Calcium 40 mg	3 %
Iron / Fer 1.75 mg	10 %
*5% or less is a little, 15% or more is a lot *5 % ou moins c'est peu, 15 % ou plus c'est beaucoup	

## Cream of Mushroom Soup

Per 250 ml	
pour 250 ml	
	% Daily Value* r quotidienne*
Fat / Lipides 14 g	19 %
Saturated / saturés 9 g + Trans / trans 0 g	45 %
Carbohydrate / Glucides 11 g	1
Fibre / Fibres 1 g	4 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 6 g	
Cholesterol / Cholestérol 50	mg
Sodium 360 mg	16 %
Potassium 600 mg	18 %
Calcium 40 mg	3 %
Iron / Fer 0.75 mg	4 %
*5% or less is a little, 15% or more is a *5 % ou moins c'est peu, 15 % ou plus o	

## Avocado & Chicken Salad

Nutrition Fac Valeur nutriti Per (300 g) pour (300 g)	ve		
Calories 390	% Daily Value* % valeur quotidienne*		
Fat / Lipides 19 g	25 %		
Saturated / saturés 3 + Trans / trans 0.1 g	<sup>3</sup> g 16 %		
Carbohydrate / Glucides 7 g			
Fibre / Fibres 5 g	18 %		
Sugars / Sucres 1 g	1 %		
Protein / Protéines 50	) g		
Cholesterol / Cholestérol 155 mg			
Sodium 140 mg	6 %		
Potassium 1100 mg	32 %		
Calcium 20 mg	2 %		
Iron / Fer 1.25 mg	7 %		
*5% or less is a little, 15% or more is a lot *5 % ou moins c'est peu, 15 % ou plus c'est beaucoup			

## Spiced Ricotta Scramble

Per (300 g) pour (300 g)	
Calories 490 %	Daily Value* quotidienne*
Fat / Lipides 35 g	47 %
Saturated / saturés 20 g + Trans / trans 0.1 g	101 %
Carbohydrate / Glucides 18 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 27 g	
Cholesterol / Cholestérol 120	mg
Sodium 820 mg	36 %
Potassium 500 mg	15 %
Calcium 500 mg	38 %
Iron / Fer 3.5 mg	19 %
*5% or less is a little, 15% or more is a lo *5 % ou moins c'est peu, 15 % ou plus c'	

### Butter Chicken Mince

Nutrition Facts Valeur nutritive Per (300 g) pour (300 g)		
Calories 440 % Da	aily Value* otidienne*	
Fat / Lipides 29 g	39 %	
Saturated / saturés 9 g + Trans / trans 0.4 g	47 %	
Carbohydrate / Glucides 12 g		
Fibre / Fibres 2 g	7%	
Sugars / Sucres 4 g	4 %	
Protein / Protéines 34 g		
Cholesterol / Cholestérol 175 m	g	
Sodium 930 mg	40 %	
Potassium 1300 mg	38 %	
Calcium 75 mg	6 %	
Iron / Fer 5.5 mg	31 %	
*5% or less is a little, 15% or more is a lot *5 % ou moins c'est peu, 15 % ou plus c'est beaucoup		



Nutrition Facts Valeur nutritive Per (300 g) pour (300 g)		
Calories 360 % vale	% Daily Value* eur quotidienne*	
Fat / Lipides 16 g	21 %	
Saturated / saturés 8 g + Trans / trans 0.4 g	42 %	
Carbohydrate / Glucides 21		
Fibre / Fibres 4 g Sugars / Sucres 4 g	14 % 4 %	
Protein / Protéines 34 g		
Cholesterol / Cholestérol 95 mg		
Sodium 520 mg	23 %	
Potassium 900 mg	26 %	
Calcium 75 mg	6 %	
Iron / Fer 5 mg	28 %	
*5% or less is a little, 15% or more is a lot *5 % ou moins c'est peu, 15 % ou plus c'est beaucoup		

## Chocolate Tofu Mousse

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Nutrition Facts	
Valeur nutritive	
Per (65 g)	
pour (65 g)	
Calories 150 % Da % valeur que	ily Value* btidienne*
Fat / Lipides 8 g	11 %
Saturated / saturés 1.5 g + Trans / trans 0 g	8 %
Carbohydrate / Glucides 16 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 15 g	15 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 40 mg	2 %
Potassium 125 mg	4 %
Calcium 20 mg	2 %

7 %

Iron / Fer 1.25 mg

\*5% or less is a little, 15% or more is a lot \*5 % ou moins c'est peu, 15 % ou plus c'est beaucoup

## Mango Tofu Mousse

Nutrition Facts Valeur nutritive Per (65 g) pour (65 g)	
Calories 140 % valeu	% Daily Value* Ir quotidienne*
Fat / Lipides 10 g	13 %
Saturated / saturés 1.5 g + Trans / trans 0 g	8 %
Carbohydrate / Glucides 10	g
Fibre / Fibres 0 g	0 %
Sugars / Sucres 9 g	9%
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0	mg
Sodium 30 mg	1 %
Potassium 40 mg	1 %
Calcium 10 mg	1 %
Iron / Fer 0.4 mg	2 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

